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CULINARY

Food as hearty as the welcome

Awaken your senses with the freshest local organic produce, and indulge in Ireland's delicious traditional cuisine.

TOP PICKS

- Meet local food producers and be tempted by their mouth-watering produce at St. George's City Food and Garden Market in Belfast.
- Try the wonderfully creamy organic ice creams at Mossfield Organic Farm, Birr, County Offaly – with a variety of flavours, you'll be spoiled for choice!
- Delve into West Cork's rich culinary scene of artisanal cheeses, fresh seafood and wonderful pubs.

GOLF

Courses as majestic as the sea

Sink a tee into one of over four hundred magnificently crafted links and parkland courses graced with Ireland's forty shades of green. Discover a true golfer's paradise.

TOP PICKS

- Test your skills on Royal Portrush and Portstewart on Northern Ireland's rugged north Antrim coast.
- Discover why German maestro Bernhard Langer has a golfing love affair with Rosses Point and Enniscrone in County Sligo – "I came for a day but ended up staying for a week!"
- Play the Jack Nicklaus-designed courses Mount Juliet in County Kilkenny and Killeen Castle in County Meath.

URBAN

Cities as intriguing as their myths

Wander and learn and play in cities teeming with history, culture and vibrant activity. Dublin, Belfast, Limerick, Galway, Cork and more await you!

TOP PICKS

- Stroll through Belfast's Titanic Quarter waterfront and its fascinating heritage trail.
- Enjoy a pint of the "Black Stuff" at the Guinness Storehouse in Dublin.
- Meander through the ancient streets of Waterford City, originally founded by the Vikings in 853.

CALENDAR OF EVENTS:

September 22
Guinness Arthur's Day, DUBLIN:
Come join the craic with headline concerts and intimate gigs along with a couple of pints of the black stuff!

September 22 - 25
The Galway International Oyster Festival, GALWAY:
Experience four days of exuberant celebration at the Galway Bay Oyster Festival, with competitions, street parades and an unrivalled festival atmosphere.

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THE HELP
MOVIE ABOUT RACISM IN SOUTH OPENS {page 18}

WORST KEPT SECRET IS OUT
BOOK SAYS IT'S TRUE BRAD CHEATED ON JENNIFER {page 21}

Quiznos
OVER
$15
IN SAVINGS
SEE PAGE 3

TORONTO metro®
Wednesday, August 10, 2011
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News worth sharing.

Stations running on empty

Maintenance shutdown at Shell's Sarnia refinery ran longer than planned **Other suppliers also running low**

Stations across the GTA have been forced to slap "No Gas" signs on their pumps after a delay at a Shell refinery combined with widespread fuel shortages across Ontario and the United States.

"Customers are getting mad," said Damodar Madhi, an employee at the Shell station near Lake Shore Boulevard in Etobicoke, after his station ran out of gas yesterday morning.

His station hadn't received a delivery since the weekend, and he had no idea when their next shipment was coming.

Gas shortages in the GTA and across the country will be the new normal, according to experts and Natural Resources Canada. Refineries across the country are pushing out gasoline at or near capacity, and without "new refining capacity, supply interruptions could become more frequent and increasingly difficult to manage," according to the Natural Resources Canada's website.

Jeff Gabert, a Shell spokesperson, said the gas company has been experiencing a fuel shortage for the past week, leaving some stations without gas in the GTA, Sarnia and London.

But the shortage hasn't caused an increase in prices at the pump, primarily because there are two market forces at work, according to Dan McTeague who runs tomorrowsgaspricestoday.com: A gas shortage keeps prices high, yet the cost of oil is plummeting, which means that gas prices should fall precipitously once the shortage ends. TORSTAR NEWS SERVICE

Britain. Riots

▶ An employee talks on a cellphone from behind the smashed windows of a looted hairdressers in Ealing, west London, yesterday following another night of rioting on the streets of London.

ANTHONY DEVLIN-PA/THE ASSOCIATED PRESS

Police struggle to stop rioters

Police in the central England city of Nottingham say a group of 30 to 40 men firebombed a police station as violent rioting that has swept Britain for four days reached another part of the country. Several hundred youths clashed with police and set a clothing store alight in Manchester, northwestern England, while shops and cars were attacked in Leicester, Wolverhampton, West Bromwich and Birmingham in central England. More coverage, pages 8-9

Mammoliti

Pinkos not welcome

Ford ally says new Facebook group will unfriend communist sympathizers {page 3}

Toronto gets a drenching

Heavy rain floods roads, catching drivers by surprise {pages 6-7}

Harper plays down crisis

Don't focus on apparent losses, PM tells investors {page 11}

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Saving the city — from communists

Don Cherry lambasted "left-wing pinkos" at Mayor Rob Ford's inauguration. Now Coun. Giorgio Mammoliti, the conservative and controversy-courting Ford ally, is going after people he sees as reds.

To get his approval to join the Facebook group he started Monday — "Save the City. Support the Ford Administration" — you must not emit the sour odour of "communism," he said yesterday.

"I'm really sick and tired of hearing from the communists in this city. I don't want anything to do with them," he said.

TORSTAR NEWS SERVICE

"I don't want to listen to (communists') griping and their whining. I want to listen to people who are clearly working for a living."

COUN. GIORGIO MAMMOLITI

More threats against Ford

A second man has been accused of threatening the life of Mayor Rob Ford.

Robert Melville Dunlop, 46, is charged with threatening bodily harm and threatening death, said Toronto police.

He's accused of posting a threat of bodily harm on Ford's Facebook page on July 27, and sending a death threat to Ford's Twitter account on Aug. 1.

TORSTAR NEWS SERVICE

'She was like a very bright light trapped in a dark room'

Daughter afflicted by borderline personality disorder couldn't get treatment in Canada 20% of Ontarians will experience mental illness in their lifetime: Ontario Mental Health and Addictions Alliance

LUCAS OLENIUK/TORSTAR NEWS SERVICE

▶ Lynn Courey poses with a photograph of her 20-year-old daughter, Sasha Menu Courey, with her daughter Kayla and husband Mike in their Toronto home.

Sasha Menu Courey had a disease that wrenched away her will to live.

On June 17, two days after deliberately ingesting a bottle of over-the-counter painkillers, she died.

A talented swimmer on an athletic scholarship at the University of Missouri, the exuberant 20-year-old from Etobicoke got good grades. Her parents were loving and involved.

But Menu Courey had borderline personality disorder, a disease that plagued her with extreme emotions and caused erratic behaviour.

"She was like a very bright light trapped in a dark room ... there was a sadness in her," said Menu Courey's mother, Lynn.

"I believe that if Sasha had been able to get treatment here, she would still be alive today."

LYNN COUREY, MOTHER

As Lynn, her husband Mike and younger daughter Kayla sat in their living room, they described a vivacious young woman who couldn't get the medical treatment she needed in Canada.

The family's story comes amid calls from Ontario health organizations that mental illness be given priority in the upcoming provincial election.

Menu Courey struggled with intense emotions in high school but was never diagnosed, despite a suicide attempt at 14.

She called her parents from school in March to say her world was starting to collapse. She injured her back and had to stop swimming, jeopardizing her spot on the team. She had split up with her boyfriend and been in a car accident.

Menu Courey ended up spending time in a psychiatric ward in Kansas City, where she was given an official diagnosis.

After a second suicide attempt, the family called the Centre for Addiction and Mental Health, hoping to get their daughter into an in-patient program. They were told it could take as long as a year to get a bed.

They eventually found a program at McLean Hospital, a private facility outside Boston that housed Menu Corey for two months. It cost $44,000 for 28 days and a bed was available in a week.

Menu Courey's condition improved at McLean, but Lynn said she couldn't bear the move home.

She swallowed at least 100 pills and after being rushed to hospital she floated in and out of consciousness for two days. She told her parents then she was ready to come home.

She never made it home.

TORSTAR NEWS SERVICE

1 news

Universities turn attention to encouraging commuter students to embrace campus life. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Amid the havoc being played out on stock markets, a glimmer of hope could lie in lower interest rates and lower gas prices. Video at metronews.ca

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VINCE TALOTTA/TORSTAR NEWS SERVICE

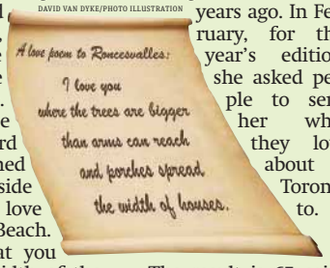
▶ Lindsay Zier-Vogel has been dropping off love letter art projects around the city.

MY BELOVED TORONTO, WITH YOUR BIG-CITY CURVES...

Amanda Geensen was walking with her partner near their home in the Queen and Woodbine streets area in mid-June when they saw a woman leaving an envelope in a newsstand.

Geensen thought it was odd and passed it by, but on the way home she picked it up. The envelope had the word 'love' airbrushed on it and inside there was a love poem to The Beach.

DAVID VAN DYKE/PHOTO ILLUSTRATION


A love poem to Roncesvalles:
I love you
where the trees are bigger
than arms can reach
and porches spread
the width of houses.

"I love that you stretch the width of the city and offer windows of lake and conversations of strangers," it read.

"It made our night," said Geensen, who manages a photography store. "It was such a great thing. Work has been crazy, and it uplifted the night."

The woman was poet Lindsay Zier-Vogel, 32, and the poem was one of almost 500 she has been peppering the city with since early June.

It's all part of the Love Lettering Project, which Zier-Vogel started seven years ago. In February, for this year's edition, she asked people to send her what they love about Toronto.

The result is 65 original poems that have become 500 art pieces, which she slips into airmail envelopes and leaves all around the city.

"I just like putting them out in the universe," she said.

TORSTAR NEWS SERVICE

Skate will retrace his Italian family's footsteps

Inline skater was 2010 Paralympics torchbearer ◐ Journey to raise money and awareness for skating and hockey programs for the blind

RACHEL WARD
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METRO CANADA IN HALIFAX

It's the start of a skating journey for Mark DeMontis that has very special meaning.

His father, Massimo DeMontis, immigrated to Canada from Italy in 1957, travelling through Pier 21 in Halifax to eventually land in Toronto, which became his home.

His son, a legally blind hockey player, will now follow those footsteps using inline skates.

On Saturday at the Canadian Museum of Immigration at Pier 21, the 24-year-old DeMontis will kick off his 64-day journey. He expects it to be difficult, as were journeys of immigrants like his father.

"Mine might be a little different, but in a nutshell, a struggle's a struggle, and I'm going to have to deal with it as they had to face through their hardships," he said yesterday in Halifax. "Whatever it is, I'm going to make sure I make my way to Toronto."

70 The highest total kilometres DeMontis expects to skate each day. The lowest kilometres will be 50.

RYAN TAPLIN/METRO

▶ Inline skater Mark DeMontis poses for a photo in front of Pier 21 yesterday. DeMontis, who is legally blind, will be skating from Halifax to Toronto to raise money for his charity, Courage Canada.

His dreams of playing professional hockey ended after becoming legally blind to Leber's Optic Neuropathy at 17, shortly after signing with a AAA hockey team in Ontario as a promising up-and-comer.

He still sees, but only large shapes and colours and not the "small details."

DeMontis has started Courage Canada, a charity teaching blind and visually impaired Canadians to skate and play hockey.

"I had the opportunity before I lost my sight," he said, while tying his laces before a warm-up skate. "I want to make sure that others can get that equal opportunity."

Skating record

This two-month-long skate is the second such test of athleticism for Mark DeMontis.

- **In 2009,** he skated from Toronto to Vancouver to raise money for his charity, Courage Canada.
- **This skate,** beginning in Halifax, ends in Toronto at his childhood hockey rink, the Weston Lions Arena.
- **Proceeds** from this skate will help fund hockey programs scheduled to start in Halifax this November.
- **A documentary** will record each day of his nine-week journey, which he will travel with two friends.

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Toronto gets drenched

- Officials warned that lakes and streams would be flowing higher than normal
- Intermittent power outages were reported in several parts of the city as well as in some surrounding communities

LUCAS OLENIUK/TORSTAR NEWS SERVICE

▶ A woman covers her head with a plastic bag to protect herself from the rain while crossing Front Street during yesterday morning's torrential downpour in Toronto.

Heavy rain in and around Toronto flooded some roads north of the city, surprising drivers whose vehicles were suddenly caught in the deluge.

York Regional Police say emergency crews were on the scene in several areas of Vaughan, where roads are closed due to flooding and traffic light failures.

Downtown Toronto saw a total of 20.4 mm of rain by 5 p.m

In Vaughan, where submerged vehicles could be seen on some roads, police were urging motorists to treat non-functioning traffic lights as four-way stops.

A driver at Highway 7 and Rivermede Road described heavy flooding and trapped cars there.

"What I'm seeing is cars stuck in the water, and the water is almost up over the doors of the cars," the driver said.

In Hamilton, police closed the westbound lanes of Burlington Street at Ottawa Street because of rising water on the road.

THE CANADIAN PRESS/WITH FILES FROM TORSTAR NEWS SERVICE

Seneca

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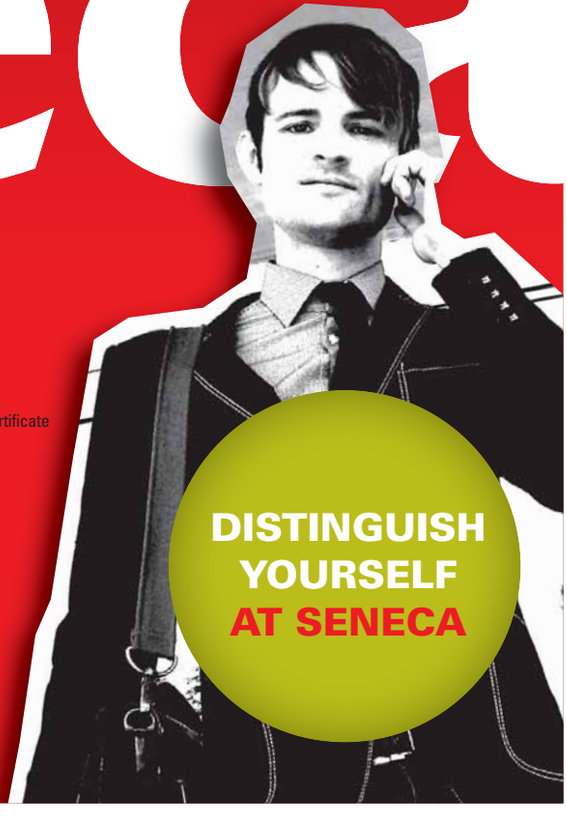

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LUCAS OLENIUK/TORSTAR NEWS SERVICE

▶ Over 1,000 teenagers line up in the rain in front of the Dufferin Gate yesterday for a chance to work at this year's Canadian National Exhibition. The line snaked across the bridge over the Gardiner Expressway and around the corner onto Springhurst Avenue.

Rogers Cup

▶ **Looking smart.** With the delay in action, Rogers Cup organizers are looking smart with their new "virtual combined" format. For the first time both the men's and women's tournaments are being played simultaneously in the same week, meaning fans at York University's Rexall Centre can watch men's play in Montreal via screens outfitted around the stadium.

RENE JOHNSTON /TORSTAR NEWS SERVICE

▶ A technician braves the two feet of water in the photographer's pit to clear cables at the Rogers Cup venue in Toronto yesterday.

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China	1.9 ¢/min	Lebanon	7.9 ¢/min	Trinidad	4.9 ¢/min
Colombia	from 3.9 ¢/min	Mexico	from 1.9 ¢/min	U.A.E.	14.9 ¢/min
Cuba	89.9 ¢/min	Pakistan	5.9 ¢/min	U.K.	2.9 ¢/min
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Texting fuels riots in Britain

BlackBerry messaging system popular because it's free, private Police can't immediately trace messages

Some of the text messages read like real-time rallying calls for rioters.

"If you're down for making money, we're about to go hard in east London," one looter messaged before the violence spread.

Still others direct looters to areas of untapped riches — stores selling expensive stereo equipment, designer clothes, alcohol and bicycles.

Most show a portent of even worse things to come. Encrypted messages sent via BlackBerrys are being used by mobs to encourage rioting across Britain — mayhem born of an incendiary mixture of conditions that converged during Europe's sleepy summer vacation season.

Many of the masked or hooded youths have been photographed typing messages on their cellphones while flames engulf cars and buildings.

Conditions have been perfect for the unrest. Britain's economic outlook is bleak, youths are out of school and unemployed, police ranks have been depleted by summer vacations, and social media sites — coupled with dramatic video of the rioting — have bolstered a mob mentality and spread disobedience.

THE ASSOCIATED PRESS

Twitter cleanup

- They came to restore their city's good name, armed with brooms.
- The morning after devastating riots swept across London, hundreds of people gathered in Twitter-organized crews to sweep up broken glass, clean vandalized buildings and show the world — and themselves — that their city is about more than mindless destruction.
- Hundreds more volunteers gathered in other riot-ravaged areas of London by a campaign started on Twitter while the violence was still raging overnight.

▶ Neighbours and volunteers help clean up the area of Clapham in the aftermath of the riots in London yesterday.

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ELIZABETH DALZIEL/THE ASSOCIATED PRESS

Social media tale of two rioting cities

JENNIFER GAUTHIER/FOR METRO

Vancouver
Social media was used to identify and shame people involved in riots, many of whom posed for photos in front of burning vehicles.

There were reports of identified rioters who were threatened or were punished at work or school.

A Facebook page and Twitter helped spur a mass volunteer cleanup the following day.
METRO

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

London
Initially, Twitter and BlackBerry were being blamed for inciting violence and looting, with British police threatening to arrest people who use social media for communicating about the riots.

Social media is serving a productive purpose by allowing people to express "their grief and outrage," SFU professor Peter Chow-White said. "One of the popular hash tags has been #prayforlondon." A cleanup was also organized on Facebook. METRO

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CALIFORNIA

Drug bust nets 132 arrests

Law enforcement officials say they've concluded a massive raid of illegal marijuana grows on public lands in the heart of Northern California's pot country, and it netted 132 arrests.

The three-week operation, known as Operation Full Court Press, ended Friday after purging the Mendocino National Forest of more than 632,000 marijuana plants.

Of those arrested, 118 were booked on federal and state charges and 14 were detained on immigration violations.

The 3,625-square-kilometre forest covers six counties in a region of mountains and forests known as the Emerald Triangle due to its high concentration of pot farms.

THE ASSOCIATED PRESS

Sect leader jailed for life

Jeffs was heard telling young girls on tape how to please him sexually

Polygamist leader Warren Jeffs was sentenced to life in prison yesterday in San Angelo, Texas, for sexually assaulting an underage follower he took as a bride in what his church deemed a "spiritual marriage."

The head of the Fundamentalist Church of Jesus Christ of Latter Day Saints also received a 20-year sentence for the sexual assault of a 15-year-old girl.

He stood quietly yesterday as the decision of the Texas jury was read, giving him the maximum sentence on both counts. They are to be served consecutively. Texas Department of Criminal Justice spokesman Jason Clark said the 55-year-old will be eligible for parole in 35 years.

Prosecutors had asked the jury for the life sentence after presenting their painstaking and sometimes graphic case, and rejected Jeffs' contention that he was being persecuted for his religious beliefs.

"The evidence in this case shows that this isn't a prosecution of a people, this is a prosecution to protect people."
PROSECUTOR ERIC NICHOLS, IN HIS CLOSING ARGUMENT

During the trial, prosecutors used DNA evidence to show Jeffs fathered a child with the 15-year-old and played an audio recording of what they said was him sexually assaulting the 12-year-old.

Jeffs, who had insisted on acting as his own attorney during the earlier part of the trial, was convicted Thursday.

He asked to be excused under protest during the sentencing phase, which ended yesterday with him refusing to answer when the judge asked if he wanted to make a closing statement.

THE ASSOCIATED PRESS

PATRICK DOVE/THE ASSOCIATED PRESS

▶ Convicted polygamist leader Warren Jeffs is escorted into the Tom Green County Courthouse yesterday in San Angelo, Texas.

N.Y. Times reporters get book deal

Two New York Times reporters have a deal for a book about the phone hacking scandal that has shaken Rupert Murdoch's News Corp.

London-based correspondent Sarah Lyall and investigative reporter Don Van Natta Jr. will collaborate on a currently untitled work.

THE ASSOCIATED PRESS

Elevator plummets, killing 9

Brazilian authorities say at least nine construction workers died when the elevator they were riding in at a building site plummeted 20 stories to the ground.

Police in the northeastern city of Salvador say they don't know what caused the accident but they are investigating.

THE ASSOCIATED PRESS

Child bride allegations investigated

The RCMP is preparing to head to Texas to look for more than two dozen brides from Bountiful, B.C., who were allegedly sent across the border as teens to marry older men, including polygamous leader Warren Jeffs.

B.C. Supreme Court heard that more than two dozen girls were sent to the United States to marry older men, while several American girls were married to Canadians.

THE CANADIAN PRESS

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PM plays down crisis

Tells spooked investors to focus on 'fundamentals' not stock markets

Scary financial market gyrations might keep you up at night but it's the economic darkness beneath the wild trading that is the real monster under the bed, according to economists and the prime minister alike. "We put too much emphasis on this stuff," Prime Minister Stephen Harper said yesterday from Brazil, where he's promoting trade.

Falling prices for stocks and commodities can undermine consumer confidence and increase the risk the Canadian economy may falter in the second half of the year. But the underlying concerns about European sovereign debt and the sluggish U.S. economy may be of greater concern for the fragile economic recovery at home.

"It's way too easy to focus on the trillions that seem to be made or lost from movements on markets. What really matters is ... focusing on mid-term and longer-term opportunities to create wealth, to create trade, to create enterprise, to create jobs."
PRIME MINISTER STEPHEN HARPER

The Canadian economy will likely rebound in the third and fourth quarters, but the turmoil raises some serious worries, said economist David Madani of Capital Economics.

"If there is a negative shock on household confidence then it could lead to some weaker spending."

Though markets bounced back yesterday, the Toronto market remains down more than 15 per cent from its high for the year set in April. The move has wiped out billions in value for Canadians' investments and could undermine consumer confidence and spending if the downturn persists or gets even worse, Madani said.

He said he will be closely watching retail sales for signs of weakness and how Canadian exports hold up amid the disappointing U.S. growth. "And to some extent we'll also be looking at some of the housing indicators," he said.

THE CANADIAN PRESS

AARON VINCENT ELKAIM/THE CANADIAN PRESS

▶ The Toronto Stock Exchange numbers on the Scotiabank board on King Street in Toronto yesterday show the TSX climbing back from Monday's plummet.

By the numbers

$79.30

Oil began rising yesterday after OPEC said global demand will continue to grow this year. But crude slid $2.01 US to close at $79.30 US a barrel on the New York Mercantile Exchange.

$6B

Prime Minister Stephen Harper courting Brazilian business leaders: "For although Brazil is Canada's largest trading partner in South America, our two countries still did barely $6 billion in business last year, despite having a combined GDP of close to $4 trillion."

$338B

Apple has surpassed Exxon Mobil as the most valuable company in the U.S. Its stock gained 3.2 per cent to $364.60 US yesterday, bringing its market capitalization to about $338 billion. Exxon Mobil shares were trading at $69.45, giving the it a market cap of $337.7 billion.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 438.30 (12,109.26)	+ 1.24¢ (102.16¢ US)	– $2.01 US ($79.30 US)	$3.994 (+ 5.9¢)
			Gold contracts $1,743.00 (+ $29.80)

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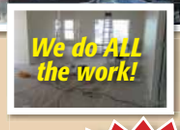

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FIGHT THE SIGNS OF AGING — WITH ACTION

JUST SAYIN' ...

PAUL SULLIVAN
METRO

Diana Nyad, you rock.

Mick Jagger, you also rock, if for slightly different reasons.

Diana Nyad rocks because, at an age when other people are adjusting their Depends, she attempts to swim from Cuba to Key West in shark-infested waters.

OK, she only got halfway yesterday before they pulled her out of the water, but she spent 29 hours in the Caribbean and was blown 24 kilometres off course. A lot of people have trouble getting out of the bathtub at 61.

I love what she said before she set out: "I think this is the prime. When one reaches this age, you still have a body that's strong but now you have a better mind."

Meanwhile, Sir Mick is rocking the charts with relevant new music when other people his age have the dial permanently stuck on 1967.

"We're all in this together — we can blame the advertising industry, Hollywood or Generation X, Y and Z, but those of us still in our 'prime' start whining about our aches and pains they way we used to complain about hangovers and sunburns and other fallouts of wretched excess."

That was a very good year, but come on. We can't go to the mall or the supermarket without being tossed back kicking and screaming into 1967, but Mick and his new BFFs have nailed a perfect blend of reggae, hip-hop and soul to rescue the beach blanket bingo from Katy Perry.

As part of a supergroup called Superheavy, the world's oldest Stone joins the world's youngest — Joss Stone — along with Damian, he of the next generation of Marleys, and Dave Stewart, another old person with young ideas — he turns 59 next month.

So who cares? Why bother with geezers, even if they are a notch up from the norm on the spry scale?

Because they are choosing to die young as late as they can. Life's candle is brief enough, but for some reason we choose to snuff it out prematurely. We're all in this together — we can blame the advertising industry, Hollywood or Generation X, Y and Z, but those of us still in our "prime" start whining about our aches and pains they way we used to complain about hangovers and sunburns and other fallouts of wretched excess.

Yep, parts fall off, but that's no reason to give up. You don't have to swim the whole Caribbean or crack the Billboard Hot 100 (although there is a tune called Moves Like Jagger by Maroon 5 and Christina Aguilera at number 25 with a bullet on the Hot 100) but how much better is life when you put it all out there?

Diana Nyad and Mick Jagger prove there is life after 30, 40, 50 or 60. Or until there isn't.

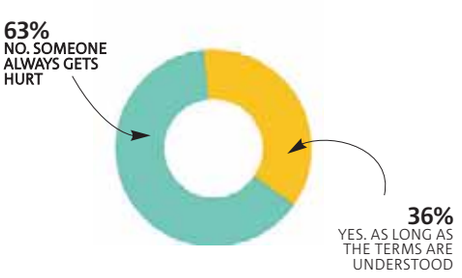
Then, and only then, will I stop trying to get out of the tub.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Panel

Register at metropolitanpanel.ca and take the quick poll

Do friends with benefits ever work?



Local tweets

@tiff_net: Poutine being served at #TIFF11 Canadian presser. How appropriate. Should go well with our afternoon serving of CanCon film announcements.

@leoraheilbronn: Sooo what's the big deal about this Breakaway movie (coming to #TIFF11 !) that everyone is tweeting about? I don't get it.

@kirkcooper: #TIFF11 press conf reminds me of a class reunion - there's the popular (press) and there's the geeks (filmmakers) but geeks rule! @HeidyMo :)

@alexakadia: If you have a workable N64 I'll put my Mario Party in it and we'll make the sickest video game baby this rainy day has seen! #soulmatesearch

@c_bumstead: This is the perfect curl up with a coffee and a book kind of rainy day.

@johndavid_1: Nice, coolish, rainy day. We really need this kind of day, especially because of the lack of rain this Summer. Welcomed relief!

@teequeso: Of course it would stop raining immediately after I buy an umbrella. You're welcome Toronto.

Worth mentioning

THINKING ABOUT THINKING. Scientists who hunt for "intelligence genes" used to think there were fewer than half a dozen of them.

In recent years, they determined there may be at least 1,000 — each with just a tiny effect on the differences in people's IQ. A study released yesterday found new evidence that many genes play a role in intelligence, but scientists still couldn't pinpoint the specific genes involved.

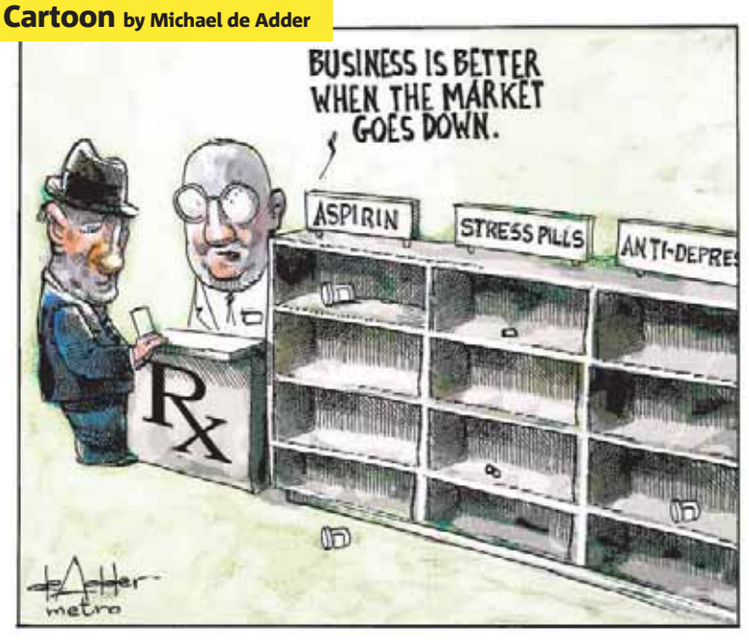
"We can't find the effects of any individual genes that are large enough to seem worth worrying about," said psychologist Eric Turkheimer at the University of Virginia.

The new DNA study, reported in the journal Molecular Psychiatry, found many genes work together to shape intelligence much like the different instruments of an orchestra that play in sync.

As important as genes are in determining intelligence, they don't act alone, and the role of one's upbringing and experiences cannot be ignored.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Semen-spiked water proves a pricey prank

A U.S. man convicted of ejaculating into a co-worker's water bottle has been ordered to pay the woman more than $27,000 US.

The Los Angeles Times says a judge on Monday ordered Michael Kevin Lallana to pay the woman for loss of wages, therapy and medical expenses.

Lallana was convicted earlier this year of two misdemeanour counts of battery.

Prosecutors say Lallana deposited his semen twice last year in the water bottle of a co-worker at Northwestern Mutual Mortgage Co. in Newport Beach, Calif.

The woman drank from the bottle both times, throwing the first one away after detecting a foul taste.

The second time she sent the bottle to a lab for testing.

Lallana was arrested in July 2010 and his DNA was later matched to the water bottle.

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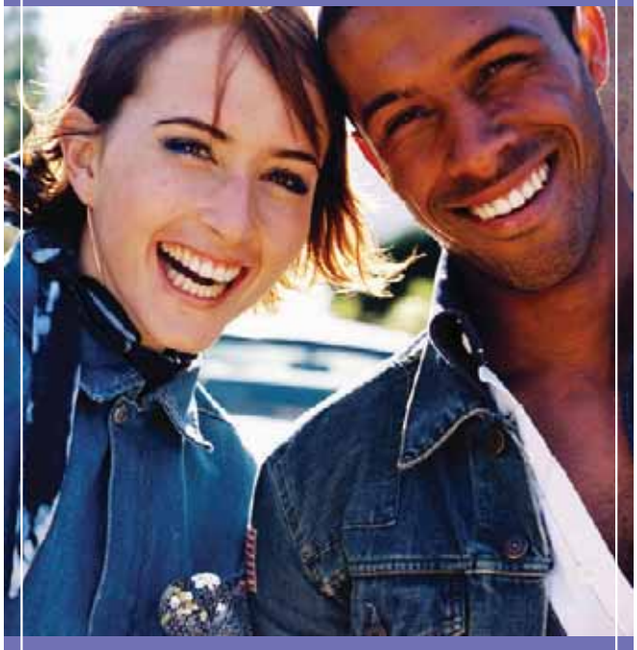

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▶ Emma Bell as Molly, left, Nicholas D'Agosto as Sam and Miles Fisher as Peter star in New Line Cinema's horror film Final Destination 5.

Resuscitating the Final Destination franchise

Original movie balanced 'humour and dark portent' with groups of people who cheated death
Can a new director and 3D imaging breathe life into Final Destination 5? Metro investigates

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

The folks behind Final Destination 5 want you to see their movie, but they understand if your faith in the franchise is a little shaken.

"We wanted to say to everybody, 'This is a serious movie that we took seriously. It's well-made and it is not what you would expect, given the last two or three movies in the franchise,'" Perry says.

The incredibly candid producer admits the franchise — about groups of people who cheat death only to have the grim reaper catch up with them in increasingly inventive ways — lost its way somewhat on the way to No. 5.

"I think we had lost what made the original special," he says.

"The first one was able to handle that balance between humour and dark portent, and some of the subsequent ones, we went so far into making it over the top that it actually became distancing."

To help solve that issue, Perry and company brought in a new director, Steven Quale.

"Steve made this one grounded and palpable and real," Perry says.

Quale proved the right man for the job for getting past what didn't work about the previous films.

"I don't like the word camp," he says. "I am one that really hates that kind of stuff. I mean, a fun movie like Austin Powers is great, but that's what it is. It's a parody. And I didn't want that to happen to this movie. And I thought some of the earlier movies may have been going in a direction that I don't like."

And while Quale's directing resumé isn't terribly long, his technical savvy came in extremely handy, since Final Destination 5 was shot in 3D.

"Having directed the second unit and done some visual effects for Avatar, I have years of experience working in the 3D realm, and I think it's dependent on the filmmaker to figure out what he or she wants to do to organically make the 3D part of the movie," he says.

"I don't think all films necessarily need to be in 3D, but if the director decides to embrace it he can do an amazing job."

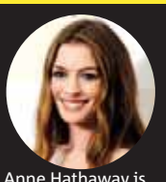
One thing Quale and Perry definitely didn't want to use was the post-conversion process for making a movie 3D.

"The conversion process is a cheap way of getting 3D that I think has diminished the quality of what people think 3D should be like," he says.

Perry agrees: "Sometimes people make a piece-of-s--- movie. Converting it ain't going to change the fact that it's a piece of s---."

2 scene

News in brief



Anne Hathaway is one Hollywood star who's wearing her age like a badge of honour. "I find the passing of time very liberating," says the actress, who turns 29 in November. "I feel more confident every – well not every single day, but most days I feel better than I did the day before, and that's a good thing."
THE ASSOCIATED PRESS

Hong Kong director Johnnie To's Life Without Principle joins 22 films vying for Golden Lion

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A community effort

Ukranian population rallying around the release of Whistleblower film

When Toronto-raised filmmaker Larysa Kondracki was co-writing her debut movie The Whistleblower, she had a lot of cinematic classics in her head.

She was thinking of Sidney Lumet's corrupt cop flick Serpico, the Alan Pakula political thriller All the President's Men and Mike Nichols' acclaimed drama Silkwood.

"What (those films) all did so well was they really put a character front and centre, and so, as much as you're unravelling a big mystery, you are going through it through a person ... who's learning at the same time at the audience," Kondracki, 34, said in a recent telephone interview.

"That's what makes something not so much about a subject matter but about the person going through it. And that's where you get your paranoia ... and your twists and turns because you're literally seeing the exact same amount of information as your main character is."

HANDOUT/THE CANADIAN PRESS

▶ Director Larysa Kondracki, left, speaks to Rachel Weisz on the set of The Whistleblower.

The Whistleblower, opening Friday in Toronto, Vancouver and Montreal, stars Rachel Weisz as Kathy Bolkovac, the real-life Nebraska cop who took a U.N.-contracted peacekeeping job in Bosnia only to discover local officials were turning a blind eye to forced prostitution.

The film is harrowing, brutal and at times difficult to watch as Bolkovac realizes the enormity of the situation and tries to gather evidence and convince victims — including two Ukrainian girls — to come identify their tormentors.

Kondracki, who has Ukrainian roots, began reading about sex trafficking in 2003 and wrote a script about the subject with Columbia University classmate Eilis Kirwan.

The project came into focus when they learned the story of Bolkovac — who was ultimately fired but sued for wrongful dismissal and went on to pen a book about her ordeal.

Emails to the former police investigator followed as did a fundraising call to Ukrainian organizations in Toronto, which raised $30,000 so that Kondracki could go on a fact-finding mission to Eastern Europe in July 2004.

That Ukrainian community, said Kondracki, is now celebrating the film's release — she's heard that one person even went so far as to have The Whistleblower poster rendered onto a cake.

"I think everyone feels a little bit of ownership of the film and they very well should," she said.

"It was a community effort. ...They're so proud."

THE CANADIAN PRESS

Star power

Rachel Weisz had some on screen help

▶ **Big wigs** She is joined on-screen by Academy Award winner Vanessa Redgrave and Oscar-nominated David Strathairn

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A Hard Core lineup of directors at TIFF

McDonald, Madden and Vallee bringing their latest movies to Toronto

Canadian movie-makers Bruce McDonald, Guy Maddin and Jean-Marc Vallee are set to screen their latest projects at next month's Toronto International Film Festival.

McDonald will be at the fest with Hard Core Logo II, the highly anticipated sequel to his 1996 cult classic.

Maddin's offering, Keyhole, is described by organizers as a "rousing gangsters-meet-ghosts sonata" starring Jason Patric and Isabella Rossellini. Vallee, whose previous projects include the acclaimed C.R.A.Z.Y. and The Young Victoria, will be in Toronto with the love story Cafe de Flore.

STEVE RUSSELL/TORSTAR NEWS SERVICE

▶ Bruce McDonald

The Canadian slate, announced this morning, will be boosted by some considerable star power, including turns by Jay Baruchel, Rob Lowe, Vanessa Paradis, Jason Patric, Alison Pill and Russell Peters.

Brampton, Ont.-raised Peters appears in Robert Lieberman's Breakaway, a hockey drama set in Toronto's Indo-Canadian community that also stars Lowe. Trailer Park Boys director Mike Clattenburg, meanwhile, will be on hand with Afghan Luke, the story of a journalist who is disappointed when his story about Afghanistan is buried and returns to the country to get more information.

THE CANADIAN PRESS

Other stars

No shortage of big names.

Films Two other Canadian galas — Sarah Polley's Take This Waltz and David Cronenberg's A Dangerous Method have already been announced.

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Everyone's talking.
"REMARKABLE PERFORMANCES. FANS OF THE BOOK WILL BE OVERJOYED." Teri Hart, THE MOVIE NETWORK
"ONE OF THE YEAR'S BEST MOVIES!" Bonnie Laufer, TRIBUTE CANADA
the Help
"A WONDERFULLY ACTED, HEARTFELT STORY!" Richard Crouse, CANADA AM
"★★★★" Jeff Craig, SIXTY SECOND PREVIEW
"Breathtaking!" Guy Farris, ABC-TV/SACRAMENTO
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Beyond Broadway! Photo Credit: David Cannon Studios.
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Movie reviews See it twice | See it now | Worth watching | Yawn | Don't bother

The Help
Genre: Drama
Director: Tate Taylor
Stars: Emma Stone, Viola Davis and Octavia Spencer

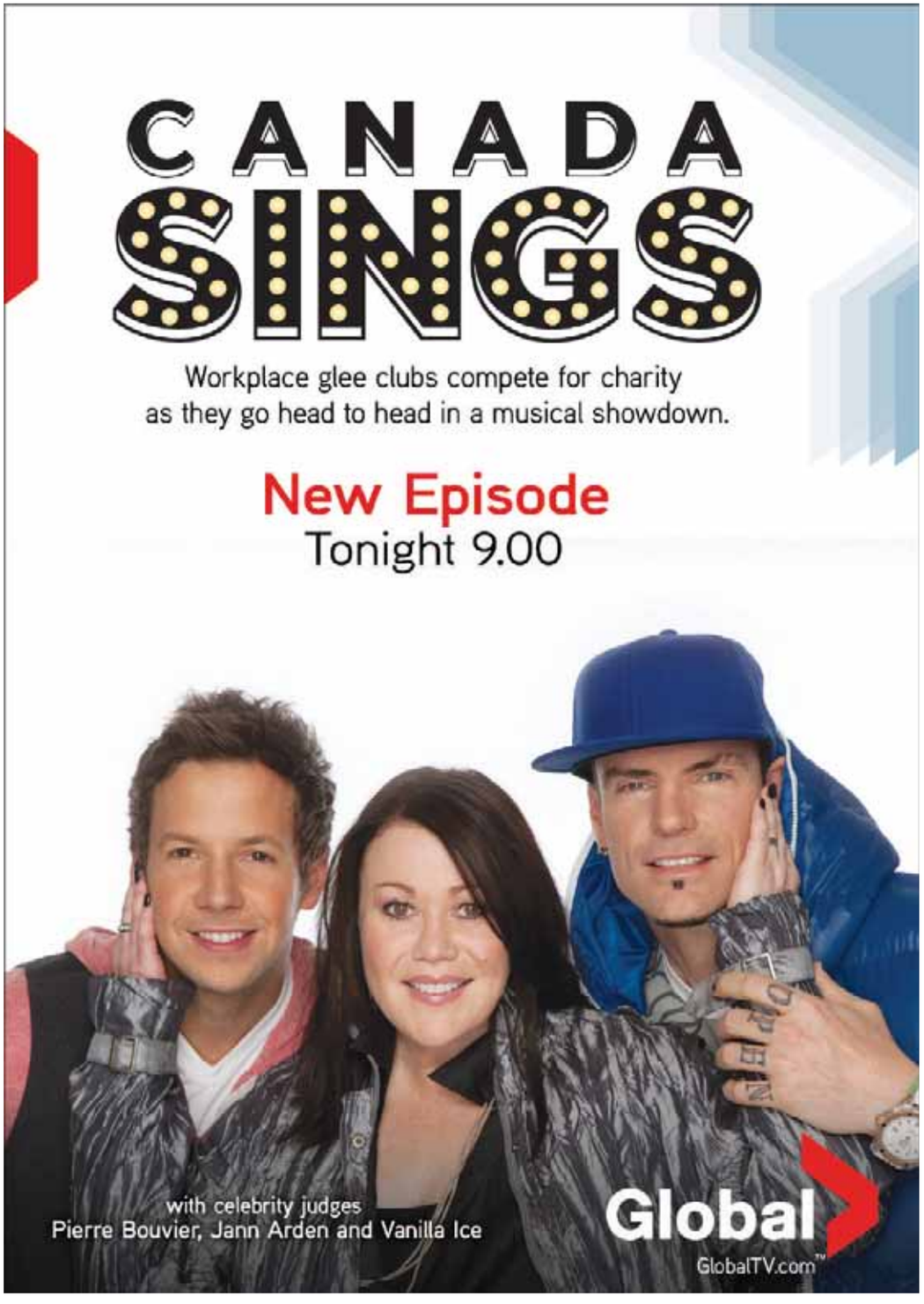
The Help takes place against the backdrop of a time in the South when groups like the White Citizen's Council had a storefront on Main Street.

The story of a plucky young writer (Emma Stone) and two courageous African-American maids (Viola Davis and Octavia Spencer) who write a book exposing the real lives of the domestic help is a finely acted but somewhat sanitized look at Mississippi life in 1963.

Long on emotion and sincerity, to be truly effective this could have used a little more grit, but it does tell an important and heartfelt story.

RICHARD CROUSE

For more Richard Crouse movie reviews visit metronews.ca



The Help. Screen times

Downtown
Market Square: Wed-Thu 12:40-3:45-6:45-9:30
Varsity: No Passes Wed-Thu 12-3:10-6:30-10
Yonge-Eglinton Centre: No Passes Wed-Thu 12:15-3:40-7:05-10:25
Yonge & Dundas 24: Wed-Thu 11:45-12:05-3-4-6:15-7:15-9:30-10:30

West End
Queensway: No Passes Wed-Thu 12:05-3:30-6:50-10:25

North York
Sheppard Grande: No Passes Wed-Thu 12-3:15-6:30-9:45

Scarborough
Eglinton Town Centre: No Passes Wed-Thu 12:15-3:35-7:05-10:15
401 & Morningside: No Passes Wed-Thu 12:15-3:20-6:30-9:45
Kennedy Commons 20: SDDS Digital, Special Engagement Wed-Thu 12:30-3:45-7-10:15

Peel Region
Courtney Park 16: Wed-Thu 1-4:10-7:25-10:40
SilverCity Brampton: No Passes Wed-Thu 12-3:20-6:45-10:35
SilverCity Mississauga: No Passes Wed-Thu 12:15-3:30-6:50-10:15
Square One: Digital Wed-Thu 12:45-3:45-6:40-9:45

North
Interchange 30: Wed-Thu 3:25-6:35-9:55
Promenade Mall: Wed-Thu 12:45-3:45-6:45-9:30
SilverCity Newmarket: No Passes Wed-Thu 12:15-3:20-6:30-9:45
SilverCity Richmond Hill: No Passes Wed-Thu 12:10-3:30-6:55-10:35

Halton
SilverCity Burlington 8: No Passes Wed-Thu 12:30-3:45-7-10:10

Durham
Ajax: No Passes Wed-Thu 12:10-3:20-6:30-9:40
Whitby 24: Wed-Thu 10:30-1:30-4:30-7:40-10:45

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A VISION OF PREMONITIONS

IN FOCUS

RICHARD CROUSE
SCENE@METRONEWS.CA

In 2000, when the first Final Destination movie was released, no one could have predicted the success of the horror franchise. No one that is, except for maybe Devon Sawa, the Canadian born actor who played Alex Browning, the film's character gifted with second sight.

At the bloody heart of each of these gory horror movies is a character with premonitions of the future. Usually he or she has forewarning that all his/her good looking friends will die in the most terrible way imaginable. When the vision comes true — usually preceded by the tell tale line, "Something's wrong!"— whoever survives ends up dying anyway, in increasingly complicated ways. With Final Destination 5 opening this weekend it seemed like an appropriate time to look back at other movie characters that have had creepy visions.

In The Gift, the movie Sam Raimi directed just before spinning the web for Spider-Man 1, 2 and 3, Cate Blanchett plays a psychic who helps the police locate a missing girl.

Billy Bob Thornton, Blanchett's co-star and the movie's screenwriter, based the character on his mother, Virginia Thornton Faulkner. Like the character in the movie the psychic Mrs. Faulkner was a widow who raised three boys and used her extra sensory ability to make extra money.

HANDOUT

▶ Donald Sutherland had haunting visions in the movie Don't Look Now — none of which involved where his career would end up.

In the hauntingly surreal Don't Look Now, John Baxter (Donald Sutherland in a curly wig) has a premonition that something awful is about to happen to his daughter. Sure enough, seconds later she falls in a pond and drowns.

Later in Venice, John and his wife (Julie Christie) meet an elderly psychic who claims to see apparitions of the dead daughter, which triggers John's own otherworldly visions.

Adapted from a short story by Daphne Du Maurier the psychic thriller has become a cult classic since its release in 1973, inspiring filmmakers like Danny "Slumdog Millionaire" Boyle, who cites it as one of his favourite movies and E=MC2 a Top Twenty hit by Big Audio Dynamite.

Finally, some call these premonitions ESP, others, like author Stephen King, call them The Shining.

In King's novel, Stanley Kubrick's film and the television movie of the same name, both Danny Torrance, the telepathic son of the winter caretakers of the remote Overlook Hotel and chef Dick Hallorann (Scatman Crothers) have visions and premonitions. King says the title was inspired by the Plastic Ono Band's song, Instant Karma, which features the chorus, We all shine on.

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805

Trusting his gut and finding The Voice

Breakout star Javier Colon has already won the respect of established artists including Pat Monahan of Train, Miranda Lambert and Justin Bieber

MELISSA SAVIGNANO
SCENE@METRONEWS.CA
METRO WORLD NEWS IN BOSTON

Before he became famous for his voice this year, Javier Colon relied on another body part to guide him: his gut.

"The Voice came along and I almost didn't do that," he says. "It was kind of a last-minute decision to audition."

Colon, 33, was crowned the first winner of the NBC talent competition in June and learned to continue following that instinct. His audition performance of Time After Time became an instant highlight of the show's freshman season.

MICHAEL BUCKNER/GETTY IMAGES

▶ Singer Javier Colon rehearses on stage for The Voice Live Tour at the Gibson Amphitheatre on July 26, 2011 in Universal City, California.

"I just wanted somebody to turn around. I would have been happy with any of them," he says. "If I had the option to choose from several coaches, I wanted to go on a gut feeling."

Colon impressed all four celebrity mentors, most notably, his choice, Maroon 5 frontman Adam Levine.

"I really wanted to go with someone who thought I'd be an asset to their team, and Adam was so animated and enthusiastic. He just made it very clear he wanted me."

Before the show, Colon released two albums with Capitol Records before being dropped in 2006. His previous work was more R&B based, and he hopes to do music he's more passionate about, with a pop singer-songwriter feel, like James Taylor.

"I try to write songs that move people emotionally as opposed to just physically. I like to tell stories," he says.

He plans to have an album out in November, to keep himself fresh in the public's mind.

Until then, he will tour with seven other contestants to perform songs from the competition.

New material, which could include collaborations with Levine and fellow coach Cee-Lo Green, will wait for personal shows — but Colon is still excited.

"I'm going to try to write some good songs," he says. "Which will hopefully cross over to whatever genre."

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Talking points

Confirming what we all already knew

THE STORY THAT JUST WON'T GO AWAY. It may have taken six years, but someone is finally saying what everyone suspected: Brad Pitt cheated on Jennifer Aniston with Angelina Jolie, according to a new book by Mr. and Mrs. Smith by producer Arnon Milchan.

"At first, Jen didn't believe he was involved with Angelina. She started asking around but no one would tell her anything because they were loyal to Brad, so she asked him point blank. He denied it," Milchan reports. "He eventually admitted he was in love with Angelina. Jen was furious and threw him out."

METRO

DiCaprio, Lively step out on town

KEEP COOL Leonardo DiCaprio and Blake Lively brought their undercover romance to Los Angeles, trying to keep things low-key with a dinner date in the east side's Los Feliz neighborhood, according to People magazine. METRO

Celebrity tweets

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"Midnight in Ibiza, just now on our way to dinner. The night has just begun..."

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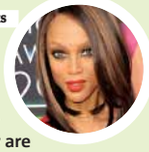

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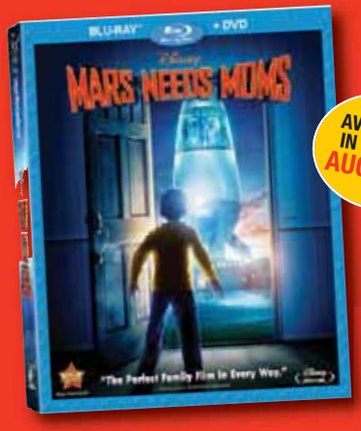

To register and for full contest details visit clubmetro.com

Finding his self Worth

After making 10 films in four years, Sam Worthington is looking for some time off from acting.

"I haven't taken a break in four years. It's been a nomadic existence," Worthington tells Men's Health.

"Now it's time to enjoy the fruits of my labor for a little bit — but I don't think I'll be gone for long."

Besides, the Australian actor is more concerned with his ongoing journey of self-discovery.

"They say that in your 20s you're trying to work out the man that you want to be, and in your 30s you discover who he is," Worthington says of his self exploration.

"And warped and all, beer gut and all, brain damage and all, you just kind of go, 'Well, this is it, and I might as well try.'"

METRO

▶ Sam Worthington

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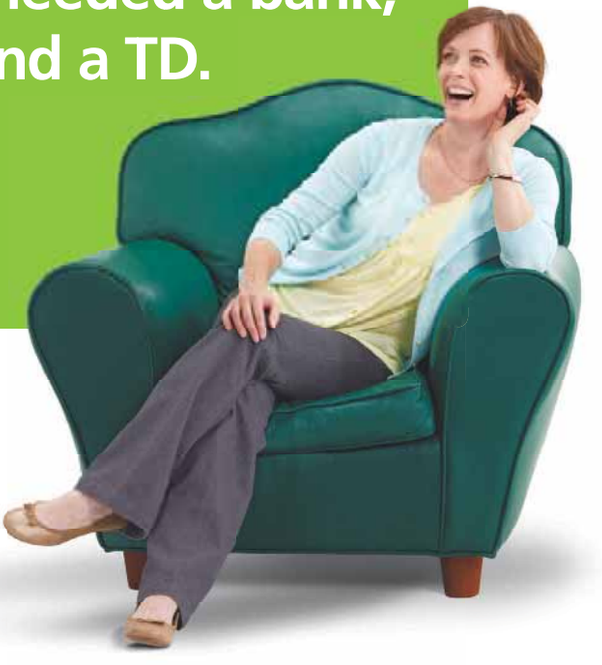

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Underestimate the sun. You are in the desert, after all.
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Drink plenty of water, particularly if you start with mojitos at 11 a.m.
Bring your ID to get into the day clubs.

▶ Rehab at The Hard Rock is known for its Sunday pool parties.

A new breed of tourist is heading to Las Vegas, and not for the casinos, poolside is where the action is these days Here are some of the hottest pool parties and day clubs

NIKKI BEACH CLUB, TROPICANA

THE POOL: With its signature South Beach-inspired all-white design, this is one of the newest party pools on the Strip, complete with teepee-shaped cabanas, opium beds and swim-up blackjack tables.

THE SCENE: The place to see and be seen, this beach club is known for weekly events hosted by celebrities and international "dueling" DJs.

MOOREA BEACH CLUB, MANDALAY BAY

THE POOL: With a St. Tropez vibe and Tahitian styling, this beach club offers a private pool and lounge area, infinity whirlpool and poolside massages.

THE SCENE: This upscale, sophisticated day club offers views of Mandalay Beach, with its enormous wave pool, 2,700 tons of real sand and concert stage.

MARQUEE DAY CLUB, COSMOPOLITAN

THE POOL: Part of the TAO Group, this day club has panoramic views of the Strip and is connected to the nightclub to bring the party from day to night.

THE SCENE: If you're looking for over-the-top luxury, rent a Grand Cabana with its own infinity pool, or a three-story bungalow with living quarters and a party deck. The Marquee is known for its music.

AZURE, THE PALAZZO

THE POOL: If you're not into the crazy party scene at neighbouring Tao Beach, this adult pool is designed to feel like a Mediterranean resort. Here you can chill while eating frozen grapes and drinking champagne.

THE SCENE: Azure features Stereo Love Saturdays, where guest DJs spin by the pool. Unique touches include a menu by Wolfgang Puck and massages by Canyon Ranch SpaClub.

REHAB, THE HARD ROCK

THE POOL: This complex of pools includes a white-sand beach, planted palms, waterslide and poolside blackjack tables, as well as luxury cabanas.

THE SCENE: Rehab is known for its Sunday pool parties, where late-night clubbers "detox" from a night out on the Strip to the grooves of resident DJs. But the complex can pack hundreds of people and lineups start at 7 a.m.

VAWN HIMMELSBACH

3 life

Cooper's nightmares

Alice Cooper is inviting theme park visitors into his nightmares this Halloween season. Universal Studios Hollywood announced plans Tuesday to construct an attraction based on the macabre rocker's album Welcome to My Nightmare, and its upcoming sequel Welcome 2 My Nightmare. "This will be a nightmare that will haunt visitors' dreams for a long time to come," Cooper said. The maze will feature Cooper's music.

THE ASSOCIATED PRESS

Budget hotels in Manhattan top $200; cheaper rooms available not far away. Scan code for story.

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Wonderland of wine

California's Napa Valley offers plenty for the palate

THE TRAVELLIN' CANADIAN

DARREN PARKMAN
TRAVEL@METRONEWS.CA

If California sun and great wine is your thing, Napa Valley is the place where they meet in perfect harmony.

Inspired by the vino-drenched movie Sideways, which showcased Napa in all its glory, I couldn't wait to get there are start tasting the nectar of the gods.

Even with all the hype surrounding Napa in recently years, it remains a largely quiet, scenic and even laid back place.

One of the more unique and classy experiences in the region has to be cave dining, at Rutherford Hill Winery. After entering the candlelit wine aging caves, I was treated to a veritable feast, complete with fancy linens and crystal stemware to sample the wines, no less.

Rutherford also allows the novice like myself to play winemaker for a day and blend your own merlot. Of course, guzzling it was the best part.

Perhaps the most famous winery in Napa is the Francis Ford Coppola Winery, started by the famous movie mogul turned grape master. Located on a scenic hill surrounded by vineyards, there is more than you might expect here. Not only are exclusive and popular Coppola wines on hand for sampling (and believe me, I sampled), there is even a touch of Hollywood in the form of a museum featuring props, costumes and memorabilia celebrating the owners iconic movies.

A whole wall is dedicated to Apocalypse Now, featuring Dennis Hopper's outfit, and Robert Duval's Calvary hat. Another area features a re-creation of a Lake Tahoe scene from Godfather 2. You get the idea. A display case even features a row of Coppola's personal Oscars that he received for just one film. Somehow all of this Hollywood memorabilia seemed even more fascinating following a taste or two of Coppola wine.

Maybe that's the gimmick. Napa may still be small and intimate, but it's big on cool ambiance.

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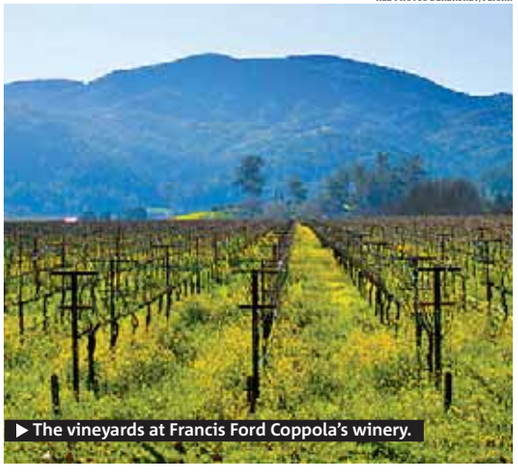

▶ The vineyards at Francis Ford Coppola's winery.

▶ Francis Ford Coppola's winery.

What to do

- **Take an early-morning balloon ride:** Several local companies offer breezy rides above the corridors of grapes and between the mountains of the valley. It's pretty hard to beat the view from up there.
- **Bike through the Valley:** Pedal through rustic wine country roads and visit hidden boutique wineries. Napa Valley Bike Tours offer a guided experience at a casual pace.

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Northumberland calls

Savour summer's final days with a jaunt east to Northumberland region With a winery, spa, plenty of hiking trails and fishing, there's something to satisfy those who like pampering and those who like roughing it

GIZELLE LAU
LIFE@METRONEWS.CA

ALL PHOTOS GIZELLE LAU/FOR METRO

▶ Enjoy a sophisticated meal at Oak Heights Estate Winery.

▶ Ste. Anne's spa is a great place to relax.

With just a handful of weekends left to enjoy all that summer has to offer (not to mention a nice long Labour Day weekend!), it's time to get outdoors to savour it all. Just 2.5 hours east from Toronto by car, Ontario's Northumberland region beckons for just such an adventure — to experience all the fun, outdoorsy stuff childhoods are made of — intermingled with a few of the luxuries best enjoyed as an adult.

Located on a secluded inlet of the Trent River, the Windswept on the Trent B&B offers cottage-style accommodations with a twist. Families will enjoy staying in the inn's three-bedroom wooden water tower, originally built in the '40s, overlooking the river.

Couples, on the other hand, will enjoy the barn-loft style accommodations of the Coach House, where large red doors sweep out onto a balcony looking down onto the water, an alcove with a stand-alone bathtub and a plush bed create a true country-chic experience.

For more family fun, visit Century Game Park near Warkworth; a bison and elk farm that's educational, delicious and offers one of the best views of the county. Learn about the history of bison in Canada, taste some of the local produce including bison sausage paired with cheese by local cheese maker Empire Cheese, while overlooking Trent Hills (best experienced at sunset) and getting up close and personal with the farm's bison and elk.

If you enjoy hiking, Northumberland offers plenty of trails. Best experienced in seasons bordering summer — late spring or early fall — the stretch of the Trans Canada Trail in Northumberland begins in Hastings and stretches 22km along the Trent River, through vast meadows, forest and marshland towards Campbellford.

As one of the most popular outdoor destinations near Toronto, Rice Lake not only offers great water sports but is a premiere fishing destination.

John "Sedge" Sedgwick has been offering guided fishing tours with Let's Fish Guiding for the past 12 years.

One of the most honest men you'll ever meet, he welcomes locals and visitors, beginners and experts on four or eight hour tours of Rice Lake and Seymour Lakes — both which he knows like the back of his hand. Be it muskie, pickerel or small and large mouth bass, kids and adults alike will re-live the joy and excitement of feeling that tug on the line!

Other sites

- **Church-Key Brewing Co.** located in an 1878 Methodist Church outside Campbellford, visit here for a tour or to pick up some handcrafted ales for home. Oak Heights Estate Winery for a light, sophisticated meal on the winery's patio overlooking the vineyard, glass of wine in hand.
- **Oak Heights Estate Winery** is a great place for a light, sophisticated meal on the winery's patio overlooking the patio. The view is even better with a glass of wine in hand.
- **Ste. Anne's Spa** Come for a spa treatment and stay for the three-course lunch.

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NEWCOMERS' GUIDE TO THE CITY

Toronto hot spots

So you're ready to hit Hogtown, but where to begin your journey Let us help you decide

TEXT BY PAULINE ANDERSON AND YLVA VAN BUUREN

CANADIAN NATIONAL EXHIBITION

WHY WE LOVE IT: The grand dame of fairs has an amazing midway (50 thrilling rides and 80 games), an abundance of food (lots of free samples and over 50 ethnic food choice offerings including Halal and vegetarian!), music, sports and dance demos, an air show and more! For younger children, there's Kids' World with a playground, clown and magician shows, puppets and other crazy creatures. No wonder the countdown to opening day — Aug. 19 — is underway. Admission: $12-$16 and children 4 and under are free, but buy tickets online now and get a discount. TheEx.com.

DON'T MISS: A new Ferris Wheel with laser light show, Strong Man John Beatty lifting the un-liftable (in front of Direct Energy Centre) and Olympic medallist Joannie Rochette in an ice skating show at the Ricoh Coliseum.

HOW TO GET THERE: Buses and streetcars from Union, Bathurst, Dufferin and Dundas West subway stations; and the Lakeshore GO train.

ALL PHOTOS TORSTAR NEWS SERVICE

9TH ANNUAL TORONTO AFRICAN DANCE FESTIVAL

WHY WE LOVE IT: What's not to love about rhythms, drum beats, dance workshops and fabulous performances. Everyone's invited to shake their booty and help celebrate African dance, music, culture, and arts. August 11 - 14

DON'T MISS: Free festivities at Nathan Phillips Square on Aug. 13. Listen to live music and wander through the African Safari Marketplace for handicrafts and samples of African cuisine.

FUN, YAH: Take a drumming and dance workshop Aug. 11 and 12; admission $15. Call 416 592-0044 for location and more information.

HOW TO GET THERE: For activities at Nathan Phillips Square, take the #501 Queen St streetcar to Bay St, or #6 Bay bus to Queen St., or take subway (University line) to Osgood station and walk east on Queen to Nathan Phillips Square. Underground parking available. africandancefestival.com

DUSK DANCES

WHY WE LOVE IT: It's a breathtaking evening of dance performances in the outdoors. Bring your chairs and blankets and pay what you can.

DON'T MISS: Dusk Dances has been travelling to parks around the city since June but there are two more venues... Chalkfarm Park (Chalkfarm Drive, Jane and Wilson area) on Aug. 13th where you'll see dancers suspended from the branches of trees along with up and coming hip-hop dancer/choreographer Irvin Washington; and Earlscourt Park (Davenport at Caledonia Park Rd.) Aug. 18-21 where First Nation's dancer and choreographer Santee Smith celebrates Iroquoian traditions, and there is also a West African coming of age dance with lots of drumming. Young people from the neighbourhood are featured in a performance.

FUN, YAH: Make an evening of it... and bring a picnic dinner.

HOW TO GET THERE: Chalkfarm, take #35 Jane bus or #96 Wilson bus or street parking is available; Earlscourt, take #47 Landsdowne bus north or #512 St. Clair streetcar west from St. Clair West subway station. Limited street parking. For information, visit duskdances.ca.

Hidden Gem

Tasty Little Journeys

As part of the Fortune Cooking Food Festival at Harbourfront, Tasty Little Journeys introduces kids to Asian culture — food, crafts and sports. After they make their own origami passport and visit different 'culture' stations, they're invited to try their hand at ping pong, learn chopstick skills and draft their own fortune cookie... how about, "You will have fun today!"

Free at Harbourfront Centre, Aug. 13-14. harbourfrontcentre.com/summer/festivals.cfm?id=3200

Be sure to check out our next Newcomers' Guide on Aug. 17

Not-to-be missed events

BuskerFest

Mark your calendar for the 12th annual Scotiabank BuskerFest (Toronto International Street Performers Festival) August 25-28 when the St. Lawrence Market neighborhood gets taken over by comedians, contortionists, musicians, magicians, fire jugglers and acrobats. Admission is by donation in support of Epilepsy Toronto. Take the subway to Union Station and walk east along Front St. for three blocks.

Telus Taiwanfest

Snack on beef noodles and other delights during Telus Taiwanfest Aug. 26-28 at Harbourfront... there will also be music, dancing, acrobats and aboriginal artisans. taiwanfest.ca.

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New hikers' guide released

Hikers have plenty of options in the Gulf Islands according to a new book.

There's everything from "gentle walks through exquisite old-growth forest to rugged (treks) with breathtaking views," writes Charles Kahn in Hiking the Gulf Islands of British Columbia.

In the new, expanded third edition of the guide from Harbour Publishing, Kahn describes trails on Bowen, Cortes, Denman, Gabriola, Galiano and other islands, rating them between one and five stars.

Among the top-rated routes, Brown Ridge from Mount Warburton Pike on Saturna Island is described as a "glorious cliff walk" that offers the chance to see feral goats along the way.

As well, Ruckle Provincial Park on Salt Spring and Helliwell Provincial Park on Hornby have some of the best hiking in the islands, says Kahn, a Salt Spring resident.

As for when to go, Kahn says spring may be the most beautiful season because of the profusion of wildflowers.

In the winter, the islands become "a bird-watchers' paradise," with large numbers of waterfowl in estuaries and bays, according to Kahn.

THE CANADIAN PRESS

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Postcards from the planet

HEATHER GREENWOOD DAVIS
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GALAPAGOS ISLANDS AUGUST 6, 2011

In one afternoon the kids have seen flamingos, giant tortoises, sea turtles, sea lions, blue-footed boobies, penguins, iguanas and more. Each time Gap Adventures guide, Sambo, points out a new animal and explains a bit about its nature, they are mesmerized. He rallies them with "vamanos!" and they scramble with their new friend Lauren to fall in line behind him — certain of new adventure around each corner in a place that feels like the end of the earth.

WATCH AND LEARN MORE ABOUT HEATHER'S FAMILY ADVENTURE AND TRAVEL TIPS AT WHEREPARENTSTALK.COM

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Mont Tremblant	Travel Aug 21, 28/pd	one-way $48 + taxes & fees $69
Paris	Travel Sep 8 - Sep 16/ts	$94 + taxes & fees $474
Jamaica	Travel Sep 7 - Sep 14/wg	$115 + taxes & fees $348
New York	Travel Aug 24 - Aug 29/pd	$148 + taxes & fees $88
Amsterdam	Travel Oct 9 - Oct 17/ts	$149 + taxes & fees $446
Puerto Rico	Travel Sep 14 - Sep 21/dl	$449 + taxes & fees $138
Buenos Aires	Travel Oct 4 - Oct 19/la	$750 + taxes & fees $528
Bangkok	Travel Sep 11 - Sep 22/ay/aa	$989 + taxes & fees $469

USA

Orlando Family Special Air + 7 Nights $99◊
Champions World Resort — + taxes & fees $237
INCLUDES accom near theme parks. Price per person based on family of 4. Departs Sep 8/ggv/ts. UPGRADE to 4-star Mona Lisa Suites Hotel for $22 per night.

Las Vegas Air + 4 Nights $295
Imperial Palace — + taxes & fees $307
INCLUDES accom on the Strip. Departs Oct 16/swg/wg. UPGRADE to 4-star Luxor for $20 per night.

New Orleans Air + 3 Nights 4-Star $494
Sheraton New Orleans — + taxes & fees $95
INCLUDES accom near French Quarter and Mississippi River. Departs Sep 25/ggv/us. ADD swamp and bayou tour for $49.

Chicago Air + 3 Nights 4-Star $559
Affinia Hotel — + taxes & fees $87
INCLUDES accom steps away from the Magnificent Mile. Departs Sep 11, 18/ggv/aa.

Phoenix Air + 3 Nights $569
Point Hilton Squaw Peak Resort — + taxes & fees $98
INCLUDES accom in the Phoenix North mountains. Depart Oct 16, 23/ggv/ua/co. UPGRADE to 4-star Arizona Biltmore for $42 per night.

Canada

Niagara Falls Family Special, 2 Nights $59◊
Ramada Niagara Falls — taxes & fees included
INCLUDES accom near the falls. Price per person based on a family of 4. Travel Sep 11, 18, 25/ggv. ADD maid of the mist tour for $27.

Blue Mountain 2 Nights $139
Blue Mountain Resort — taxes & fees included
INCLUDES accom at Blue Mountain's destination resort. Travel Sep 9, 16/ggv.

Muskoka Labour Day Weekend Family Special 3 Nights $199◊
Residence Inn By Marriott Muskoka Wharf — taxes & fees included
INCLUDES accom on the shores of Lake Muskoka in Gravenhurst. Price is per person based on a family of 4. Travel Sep 2/ggv.

Québec City Air + 2 Nights 4-Star + Free Cirque du Soleil Show $448
Manoir Victoria — + taxes & fees $139
INCLUDES accom located in the heart of Old Québec. Take advantage of Cirque du Soleil's free street shows. Departs Aug 30/ggv/ac.

Halifax Air + 3 Nights $599
The Lord Nelson Hotel & Suites — + taxes & fees $148
INCLUDES downtown accom. Departs Sep 8, 15/ggv/ws. ADD Whale watching tour for $44.

Europe

Paris Air + First 2 Nights $249
Ibis Paris Alesia Montparnasse — + taxes & fees $475
INCLUDES central accom. Departs Sep 8/swg/ts. ADD Tour de France of Wine for $86.

Glasgow Air + First 2 Nights $279
Express by Holiday Inn — + taxes & fees $522
INCLUDES central accom. Departs Sep 10/ggv/ts. ADD 2 nights Isle of Skye tour for $370.

Venice Air + First 2 Nights $649
Carlton Capri Hotel — + taxes & fees $428
INCLUDES central accom with breakfast. Departs Oct 7/ggv/ts. UPGRADE to 4-star Amadeus Hotel for $9 per night. ADD Romantic Waterways of Venice tour for $52.

Iceland Air + 6 Nights $699
Foss Lind — + taxes & fees $338
INCLUDES central accom with breakfast. Departs Sep 12/ggv/fi. ADD Blue Lagoon tour for $49. ADD Reykjavik Greater Area Sightseeing tour for $74.

Oktoberfest Air + 4 Nights 4-Star $1289
Leonardo Hotel & Residenz Munich — + taxes & fees $521
INCLUDES central accom near the Deutsche Museum. Departs Sep 21/ggv/ac.

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TICO

Watermelon's savoury side

While the fruit is normally eaten sliced, the right ingredients can make it the star of appetizers and snacks

THE CANADIAN PRESS H/O

▶ This recipe serves four.

Nothing beats biting into a wedge of refreshing watermelon when the temperature is soaring.

It contains an antioxidant known as lycopene, which gives it its deep pink colour, as well as vitamins A and C. Plus it's low in calories and has no fat, sodium or cholesterol. "What's interesting about lycopene is we usually hear about it in relation to tomatoes, but watermelon is actually the lycopene leader among fresh produce. It has almost double the amount of lycopene on a cup-per-cup basis when compared with raw tomatoes," says registered dietitian Cara Rosenbloom.

Most of the research on the anti-cancer properties of lycopene have focused on prostate cancer, said Rosenbloom.

Watermelon Havarti Stacks with Dilled Ranch and Grilled Chicken

The creaminess of havarti cheese mixed with fresh dill and savoury ranch dressing balances the sweetness of the watermelon, delivering a petite yet satisfying option.

Ingredients:

- 8 circles seedless watermelon (each 2.5 cm thick by 10 cm diameter/1 inch thick by 4 inch diameter)
- 8 slices havarti cheese
- 6 grilled chicken breast halves, cooled and julienned across grain
- 5 ml (1 tsp) minced fresh dill, stems removed and discarded
- 250 ml (1 cup) natural low-fat ranch dressing

Preparation:

1. Place one round of watermelon in centre of each of 4 serving plates. Trim cheese into same size circle as watermelon and place one cheese round on each of the four plated slices of watermelon. Top with another piece of watermelon and cheese.
2. Clump chicken in even portions on top of watermelon cheese stacks. Stir fresh dill into dressing. Garnish watermelon on chicken stacks with dressing.

THE CANADIAN PRESS/ BOTH RECIPES NATIONAL WATERMELON PROMOTION BOARD (WATERMELON.ORG)

Drink of the week

Watermelon-Grape Fizz

The effervescence of the sparkling water gives the natural watermelon and grape flavours a delightful kick.

- 250 ml (1 cup) seedless watermelon puree
- 50 ml (1/4 cup) grape juice
- 175 ml (3/4 cup) sparkling water
- Crushed ice, to taste

In oversized tumbler, mix watermelon puree and grape juice. Add sparkling water and ice. Stir for a few seconds to ensure drink is blended. Serve.

THE CANADIAN PRESS/ WATERMELON.ORG

You don't always get what you pay for – especially when it comes to insurance

Are You Paying Too Much?

The motto "you get what you pay for" used to be true of most things, but the times, they are changin', and this is no longer true for many things, most notably car insurance. In fact, you could be paying hundreds, or even thousands of dollars more than you should for your coverage.

How is this possible? It is somewhat complicated to explain, but, to sum it up: Insurance companies base their rates on their experience with similar driver profiles and cars. Since no two companies' experiences are exactly the same, it is rare that different companies will give you the same potential insurance premium for your profile and car.

Experience Counts

It has been statistically proven that drivers over 50 years of age have fewer accidents and tickets than the average, and this means that there are more potential savings to be found for more experienced drivers. In fact, some companies actually specialize in serving the mature market, so it's definitely worth comparing rates.

Loyalty May Not Pay

If you are getting a loyalty discount you might be thinking that you are better off staying with your current insurance provider. This might be true, but it's impossible to be certain without doing some research. You just might find that the potential savings far outweigh any loyalty discount being offered.

InsuranceHotline.com is FREE, easy to use, and there is absolutely no obligation. Click, compare, and save today!

Rate Comparison

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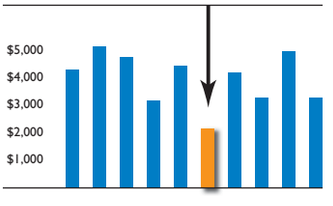

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Some expert advice

STUDENT VOICE

CAITLIN DOHERTY
TALENTEGG.CA

▶ Caitlin Doherty

In a world where undergraduate degrees are a dime a dozen and most industries are overflowing with over-qualified candidates,

I knew that getting a well-rounded education was a necessity. My parents also always encouraged me to go after what I loved to do and not use my education strictly as a career path.

That is how I ended up graduating from the University of Toronto with an English Specialist degree and no intention of applying my new-found education directly to a career.

Knowing I would have to enrol in post-graduate studies and with colleges offering extensive program options, I quickly learned that there were many different career paths that piqued my interest.

After speaking with people involved in the industries I wanted to enter into, training in public relations stood out among the rest.

It offered an opportunity to work in an industry where I could combine my learned skills with my passions.

While I was focused on pursuing a career in a very specific area of PR, many of my peers were more focused on whether to go into agency, corporate or non-profit.

Few had considered if there was a specific area or particular clients they wanted to work with.

It wasn't until I started my internship and my boss shared her school-to-industry transition story that I realized how important being focused and knowledgeable in a specific area could be.

If you can position yourself as the go-to person in your company, you essentially become invaluable to your colleagues.

While many industries like PR will give you opportunities to work with various clients in many different industries, it is important to consider your personal brand and what you want people to know you for.

If you are passionate about technology and can become an expert in that area, there will be more opportunities for you to work with clients who interest you.

Once you establish what you are known for, you can then expand as opportunities become available. I was able to secure an internship with a notable start-up company because of my passion for cars, as their main client is well positioned in the automotive industry.

I have the opportunity to not only focus on my passion, but also delve into many of the interesting opportunities that an agency setting offers.

TALENTEGG.CA, CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

What I learned

Key take-aways from Caitlin's experience:

- Embrace your passions and try to offer specific expertise relative to your interests. This helps you stand out from the crowd and gain an edge over the thousands of other students seeking the same opportunities.

Where Caitlin is now

Currently I am working at North Strategic, the agency where I interned, as an Account Co-ordinator. I have the unique opportunity to watch as a company is built from the ground up and learn from some of the best known practitioners in the industry.

Working with clients in the areas that I am passionate about is a definite bonus.

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A's win battle of B.C. boys

BRAD WHITE/GETTY IMAGES

▶ Blue Jay Brett Lawrie runs to first base against the A's last night.

Oakland's Harden helps hold Lawrie hitless in Toronto debut

ATHLETICS	BLUE JAYS
4	1

Victoria's Rich Harden struck out eight over seven innings to beat the Blue Jays for the first time in his career, and Josh Willingham and Kurt Suzuki homered as the Oakland Athletics defeated Toronto 4-1 last night.

Willingham hit a two-run homer in the sixth inning and Suzuki hit a solo shot in the seventh for Oakland (52-63) while Encarnacion homered in the second for Toronto (58-57).

Blue Jays third baseman Brett Lawrie of Langley, B.C., was 0-for-3 in his home debut as a major-leaguer after going 5-for-11 in his first three games in Baltimore.

Harden (3-2) entered the game 0-3 with an earned-run average of 5.74 in eight career starts against the Blue Jays. But last night he held the Blue Jays to five hits and one run in seven innings.

Grant Balfour took over in the eighth for Oakland and held the 3-1 lead despite allowing a one-out double to Eric Thames, his second hit in 34 at-bats.

Andrew Bailey picked up his 14th save despite walking Encarnacion to lead off the ninth.

Toronto left-hander Brett Cecil (4-5) allowed four hits, including both Oakland homers, and three runs over seven innings to take his first loss since July 5. He had won his previous three decisions.

Encarnacion led off the second with his 10th homer of the season on a 2-1 pitch, a high drive that just cleared the left-field fence and landed in the Blue Jays' bullpen.

Harden, who did not pitch until July 1 because of a strained right shoulder, has allowed a home run in each of his seven starts this season. Encarnacion's was the eighth homer he has allowed overall.

Harden walked J.P. Arencibia with two out in the second to bring up Lawrie, who was batting ninth.

Lawrie received a standing ovation from the 20,521 in attendance at the Rogers Centre as he strode to the plate before striking out on three pitches.

Lawrie displayed his defensive talents in the fifth when he made a diving grab on Jemile Weeks' grounder down the third-baseline that he converted to Adam Lind at first base to end the inning.

THE CANADIAN PRESS

Jays prospect

Alvarez gets call

The Blue Jays recalled right-hander Henderson Alvarez from double-A New Hampshire yesterday and demoted left-lander Wildredo Ledezma to triple-A Las Vegas.

- The 21-year-old Alvarez has spent most of the season with New Hampshire, posting an 8-5 record in 15 games with a 2.86 earned-run average.
- Alvarez made two starts with single-A Dunedin to begin the season and was 0-1 with a 6.46 ERA.
- Alvarez will make his major-league debut tonight at Rogers Centre against the Oakland A's.

THE CANADIAN PRESS

4 sports

Quoted

"Celine made me and all my thug friends cry with the French song!!!! She cried !!! Wow!!!! She hugged me !! I got chills!!"

RON ARTEST, THE LOS ANGELES LAKERS FORWARD ATTENDED ONE OF CELINE DION'S PERFORMANCES IN LAS VEGAS OVER THE WEEKEND AND WENT ON A TWEETING SPREE AFTERWARDS, PROCLAIMING THAT THE SHOW WAS "CRAZY DOPE."

Veteran Argos linebacker Eiben done for season

Kevin Eiben's season is over.

The Toronto Argonauts' veteran linebacker requires surgery to repair a ruptured pectoral muscle he suffered in the club's 36-23 home loss to the Montreal Alouettes on Thursday night.

Eiben, 31, was hurt in the first quarter and didn't return on defence but finished the game in his role as the team's holder on field goals and converts. He was scheduled to undergo surgery last night.

The six-foot-one, 216-pound native of Delta, B.C., is in his 11th CFL season, all with Toronto.

Eiben's injury is just the latest to hit the Argos' linebacking corps and bad news for a team that's lost five straight and is last in the East Division standings with a 1-5 record. It also presents yet another challenge for new defensive coordinator Orlando Steinauer, Toronto's former defensive backs coach who now takes over running the club's defence for Chip Garber, who was fired following the loss to Montreal.

Good news

Tailback Cory Boyd will return against Hamilton.

- Boyd finished second among CFL rushers last year with 1,359 yards but has missed the Argos' last four games with strained knee ligaments.

Veteran Jason Pottinger is out for the season with a knee injury while rookie Anthony Cannon has missed the last two games with a lower body injury. Linebacker Ejiro Kuale has continued to play despite a hip pointer and also had a cast on his wrist against Montreal.

"It's difficult anytime you lose Canadians but especially when you lose top Canadians in the league," Argos head coach/GM Jim Barker said following practice yesterday. "These two have been for a while so that's very difficult and there's not a lot of teams that can absorb that.

"I felt like our Canadian depth was much better this year and that has allowed us to at least not have to make changes. It's not easy, you just don't go out and replace Pottinger and Eiben. You just don't do it."

Cannon has resumed practising with the club and is expected to step in for Eiben when Toronto travels to Hamilton on Saturday to face the arch-rival Tiger-Cats (3-3) at Ivor Wynne Stadium.

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DARREN CALABRESE/THE CANADIAN PRESS

▶ Stephanie Dubois hits a return during her match against Kathrin Woerle yesterday.

Canadians still in the running

Dubois, Wozniak through to second round

Canadians Stephanie Dubois and Aleksandra Wozniak both advanced at the Rogers Cup women's tennis tournament with first-round victories yesterday.

Dubois battled to a 7-6 (4), 6-1 win over German qualifier Kathrin Woerle while Wozniak, from Blainville, Que., sailed past Israel's Shahar Peer 6-1, 6-0.

Dubois, a wildcard entry from Laval, Que., fought hard in the first set before taking control in the second. She used a vicious backhand slice to break Woerle for a 3-0 lead in the second.

Woerle put up resistance when down 4-0, fighting back to deuce several times and causing Dubois to smash her racket against the court surface in frustration before losing the game.

No three-peat

The two-time defending Rogers Cup men's champion is heading home early from this year's tournament.

- Britain's Andy Murray crashed out in stunning fashion yesterday, falling 6-3, 6-1 in the second round to Kevin Anderson.

However, Dubois regained her composure to close out the match and book a meeting with fourth-seed Victoria Azarenka of Belarus.

"It was a tough first set, she was not giving me a lot of rhythm," said Dubois. "It was tough but I fought well. I got the momentum in the second set and served much better in the second, which made a difference."

Wozniak, also a wildcard entry at the tournament, will likely face a stiffer test in her second round match against No. 10-seed Samantha Stosur of Australia.

THE CANADIAN PRESS

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	71	43	.623	—
New York	69	44	.611	1½
Tampa Bay	61	54	.530	10½
Toronto	58	57	.504	13½
Baltimore	44	69	.389	26½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	61	53	.535	—
Cleveland	56	56	.500	4
Chicago	57	58	.496	4½
Minnesota	51	64	.443	10½
Kansas City	49	67	.422	13

WEST DIVISION

	W	L	Pct	GB
Texas	65	51	.560	—
Los Angeles	63	52	.548	1½
Oakland	52	63	.452	12½
Seattle	49	65	.430	15

Last night's results

Oakland 4 Toronto 1

Chicago White Sox 4 Baltimore 3

Detroit at Cleveland

L.A. Angels at N.Y. Yankees

Tampa Bay 4 Kansas City 0

Seattle at Texas

Boston at Minnesota

Monday's results

Chicago White Sox 7 Baltimore 6

Boston 8 Minnesota 6

Tampa Bay 2 Kansas City 1

Texas 9 Seattle 2

Tonight's games

Chicago White Sox (Humber 8-8) at Baltimore (Tom.Hunter 1-2), 7:05 p.m.

Detroit (Porcello 11-6) at Cleveland (Jimenez 0-0), 7:05 p.m.

L.A. Angels (Richards 0-0) at N.Y. Yankees (Nova 10-4), 7:05 p.m.

Oakland (G.Gonzalez 9-9) at Toronto (Alvarez 0-0), 7:07 p.m.

Kansas City (F.Paulino 1-4) at Tampa Bay (W.Davis 8-7), 7:10 p.m.

Seattle (Vargas 6-10) at Texas (D.Holland 10-4), 8:05 p.m.

Boston (Lester 11-5) at Minnesota (Blackburn 7-9), 8:10 p.m.

Tomorrow's games

Kansas City at Tampa Bay, 12:10 p.m.

Oakland at Toronto, 12:37 p.m.

L.A. Angels at N.Y. Yankees, 1:05 p.m.

Chicago White Sox at Baltimore, 7:05 p.m.

Detroit at Cleveland, 7:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	75	40	.652	—
Atlanta	67	49	.578	8½
New York	58	57	.504	17
Washington	55	59	.482	19½
Florida	55	60	.478	20

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	65	50	.565	—
St. Louis	62	53	.539	3
Pittsburgh	55	59	.482	9½
Cincinnati	55	61	.474	10½
Los Angeles	52	62	.456	10
Chicago	49	66	.426	16
Houston	38	77	.330	27

WEST DIVISION

	W	L	Pct	GB
San Francisco	63	53	.543	—
Arizona	62	53	.539	½
Colorado	55	62	.470	8½
Los Angeles	52	62	.456	10
San Diego	51	66	.436	12½

Last night's results

Colorado 3 Cincinnati 2

N.Y. Mets 5 San Diego 4

Atlanta at Florida

Washington at Chicago Cubs

Milwaukee at St. Louis

Houston at Arizona

Philadelphia at L.A. Dodgers

Pittsburgh at San Francisco

Monday's results

Atlanta 8, Florida 5

Colorado 10, Cincinnati 7

N.Y. Mets 9, San Diego 8

Washington at Chicago, ppd., rain

Houston 9, Arizona 1

Philadelphia at L.A. Dodgers

Pittsburgh 5, San Francisco 0

Today's games

Philadelphia (Worley 8-1) at L.A. Dodgers (Billingsley 10-9), 3:10 p.m.

Pittsburgh (Karstens 8-6) at San Francisco (J.Sanchez 4-6), 3:45 p.m.

Atlanta (T.Hudson 11-7) at Florida (Ani.Sanchez 6-5), 7:10 p.m.

Colorado (Millwood 0-0) at Cincinnati (Leake 9-7), 7:10 p.m.

San Diego (Harang 10-3) at N.Y. Mets (Dickey 5-10), 7:10 p.m.

Washington (Detwiler 1-1) at Chicago Cubs (R.Lopez 2-3), 8:05 p.m.

Milwaukee (Wolf 8-8) at St. Louis (Westbrook 9-5), 8:15 p.m.

Houston (An.Rodriguez 0-4) at Arizona (Collmenter 6-7), 9:40 p.m.

Tomorrow's games

San Diego at N.Y. Mets, 12:10 p.m.

Colorado at Cincinnati, 12:35 p.m.

Washington at Chicago Cubs, 2:20 p.m.

Milwaukee at St. Louis, 8:15 p.m.

Houston at Arizona, 9:40 p.m.

ATHLETICS 4, BLUE JAYS 1

Oakland	ab	r	h	bi	Toronto	ab	r	h	bi
JWeeks 2b	5	0	1	0	YEscor ss	4	0	2	0
Pnngtn ss	4	1	1	0	EThms lf	4	0	1	0
Matsui dh	4	0	0	0	Bautist rf	4	0	0	0
Wlngh lf	3	1	1	2	Lind 1b	4	0	0	0
CJcksn 1b	4	0	0	0	Encrnc dh	2	1	2	1
DeJess rf	3	1	0	0	Teahen pr	0	0	0	0
KSuzuk c	4	1	2	1	Rasms cf	4	0	1	0
Sweeny cf	3	0	1	1	A.Hill 2b	4	0	0	0
SSizmr 3b	3	0	0	0	Arencii c	3	0	0	0
Lawrie 3b	3	0	0	0					
Totals	**33**	**4**	**6**	**4**	**Totals**		**32**	**1**	**6**	**1**

Oakland	000	002	101	4
Toronto	010	000	000	1

DP—Oakland 1. LOB—Oakland 6, Toronto 7. 2B—E.Thames (13). HR—Willingham (18), K.Suzuki (10), Encarnacion (10).

	IP	H	R	ER	BB	SO
Oakland						
Harden W,3-2	7	5	1	1	2	8
Balfour H,19	1	1	0	0	0	0
A.Bailey S,14-16	1	0	0	0	1	0
Toronto						
Cecil L,4-5	7	4	3	3	2	5
L.Perez	1 1-3	0	1	1	0	0
Camp	2-3	2	0	0	0	0

HBP—by Cecil (Willingham), by L.Perez (DeJesus). Umpires—Home, Doug Eddings; First, Dana DeMuth; Second, Kerwin Danley; Third, Paul Nauert.
T—2:31. A—20,521 (49,260).

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	23	9	7	7	24	22	34
Philadelphia	22	8	5	9	27	20	33
Kansas City	23	7	7	9	32	30	30
New York	24	6	6	12	37	33	30
Houston	23	6	7	10	28	28	28
D.C. United	21	6	6	9	29	33	27
New England	23	4	10	9	22	33	21
Toronto	25	3	11	11	24	46	20
Chicago	22	2	7	13	23	30	19

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	25	13	3	9	35	20	48
Dallas	24	12	6	6	31	24	42
Seattle	24	11	5	8	35	27	41
Colorado	25	9	6	10	35	31	37
Real Salt Lake	21	10	5	6	30	16	36
Chivas USA	23	7	8	8	30	26	29
Portland	22	7	10	5	28	35	26
San Jose	23	5	8	10	25	30	25
Vancouver	23	3	11	9	25	36	18

Note: Three points for a win, one for a tie.

Saturday's games

Chivas USA at Seattle, 4 p.m.

Real Salt Lake at Toronto, 7 p.m.

New England at Columbus, 7:30 p.m.

Vancouver at D.C. United, 7:30 p.m.

Chicago at New York, 7:30 p.m.

FC Dallas at Philadelphia, 8 p.m.

Colorado at San Jose, 10:30 p.m.

Sunday's game

Portland at Houston, 9 p.m.

CFL

WEEK SEVEN

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	6	5	1	0	152	113	10
Montreal	6	4	2	0	195	152	8
Hamilton	6	3	3	0	152	144	6
Toronto	6	1	5	0	128	178	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	6	5	1	0	169	127	10
Calgary	6	4	2	0	149	137	8
B.C.	6	1	5	0	150	172	2
Saskatchewan	6	1	5	0	112	184	2

Tomorrow's game

Edmonton at Montreal, 7:30 p.m.

Friday's game

Calgary at Saskatchewan, 9 p.m.

Saturday's games

Toronto at Hamilton, 7 p.m.

Winnipeg at B.C., 10 p.m.

WEEK EIGHT

Byes: Calgary, Hamilton, Montreal, Winnipeg

Thursday, Aug. 18

Saskatchewan at Toronto, 7:30 p.m.

Friday, Aug. 19

B.C. at Edmonton, 9 p.m.

LEADERS

Unofficial CFL scoring leaders following Saturday's game (x — scored two-point convert):

SCORING

	TD	C	FG	S	Pts
Whyte, Mtl	0	21	15	1	67
Duval, Edm	0	17	13	9	65
Palardy, Wpg	0	12	16	4	64
Medlock, Ham	0	15	14	3	60
McCallum, BC	0	13	15	2	60
Paredes, Cal	0	11	12	4	51
E.Johnson, Sask	0	11	10	5	46
Stala, Ham	6	0	0	0	36
Prefontaine, Tor	0	8	8	0	32
Edwards, Wpg	5	0	0	0	30
Kackert, Tor	5	0	0	0	30
Stamps, Edm	5	0	0	0	30
Bratton, Mtl	4	0	0	0	24
Cornish, Cal	4	0	0	0	24
Diedrick, Mtl	4	0	0	0	24
Barnes, Edm	3	0	0	0	18
Brown, BC	3	0	0	0	18
Cates, Sask	3	0	0	0	18
Cobourne, Ham	3	0	0	0	18
Foster, BC	3	0	0	0	18
Green, Mtl	3	0	0	0	18
Porter, Edm	3	0	0	0	18
Richardson, Mtl	3	0	0	0	18
Robertson, BC	3	0	0	0	18
C.Williams, Ham	3	0	0	0	18
Shaw, Tor	0	5	4	1	18
Dressler, Sask	2	0	0	0	12
Getzlaf, Sask	2	0	0	0	12
Jeffers-Harris, Wpg	2	0	0	0	12
Joseph, Edm	2	0	0	0	12
Lemon, Tor	2	0	0	0	12
McPherson, Mtl	2	0	0	0	12
Messam, Edm	2	0	0	0	12
Reynolds, Cal	2	0	0	0	12
Simon, BC	2	0	0	0	12
Whitaker, Mtl	2	0	0	0	12
Banks, BC	1	0	0	0	6
Bishop, Cal	1	0	0	0	6

GOLF

WEEKEND GLANCE

PGA OF AMERICA

PGA CHAMPIONSHIP

Site: Johns Creek, Ga.
Schedule: Tomorrow-Sunday.
Television: TNT (Tomorrow-Friday, 1-7 p.m., Saturday-Sunday, 11 a.m.-2 p.m.) and CBS (Saturday-Sunday, 2-7 p.m.).
Online: www.pga.com/pgachampionship
PGA Tour site: www.pgatour.com
European Tour site: www.europeantour.com

NATIONWIDE TOUR

PRICE CUTTER CHARITY CHAMPIONSHIP

Site: Springfield, Mo.
Schedule: Tomorrow-Sunday.
Television: None.
Online: www.pgatour.com

HOCKEY

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At Breclav, Czech Republic and Piestany, Slovakia

PRELIMINARY ROUND

GROUP A

	GP	W	OT	W	OT	L	GF	GA	Pt
Sweden	2	2	0	0	0	0	9	4	6
Canada	**2**	**1**	**0**	**0**	**1**	**7**	**6**	**3**	
Czech Republic	2	1	0	0	1	4	7	3	
Switzerland	2	0	0	0	2	4	7	0	

GROUP B

	GP	W	OT	W	OT	L	GF	GA	Pt
Finland	2	2	0	0	0	16	5	6	
Russia	2	1	0	1	0	9	7	4	
U.S.	2	0	1	0	1	8	10	2	
Slovakia	2	0	0	0	2	4	15	0	

Note: Three points awarded for a win in regulation, two for an overtime win and one for losing in overtime.

Yesterday's results

At Piestany, Slovakia

Finland 10 Slovakia 2

U.S. 5 Russia 4 (OT)

At Breclav, Czech Republic

Canada 6 Czech Republic 1

Sweden 4 Switzerland 3

Monday's results

At Piestany, Slovakia

Finland 6 U.S. 3

Russia 5 Slovakia 2

At Breclav, Czech Republic

Sweden 5 **Canada 1**

Czech Republic 3 Switzerland 1

Today's games

At Piestany, Slovakia

Russia vs. Finland, 8 a.m.

Slovakia vs. U.S., 11:30 a.m.

At Breclav, Czech Republic

Canada vs. Switzerland, 9:30 a.m.

Czech Republic vs. Sweden, 1 p.m.

Thursday, Aug. 11

No Games Scheduled.

TENNIS

ATP ROGERS CUP

At Montreal

Singles

First Round

Philipp Petzschner, Germany, def. Gilles Simon (9), France, 7-5, 6-2.

Richard Gasquet (10), France, def. Florian Mayer, Germany, 6-3, 6-2.

Michael Llodra, France, def. Mikhail Youzhny (11), Russia, 3-6, 6-3, 7-6 (4).

Viktor Troicki (12), Serbia, def. Michael Yani, U.S., 2-6, 6-3, 6-1.

Vasek Pospisil, Vernon, B.C., def. Juan Ignacio Chela, Argentina, 4-6, 6-3, 6-4.

Sergiy Stakhovsky, Ukraine, def. Philipp Kohlschreiber, Germany, 6-2, 7-5.

Michael Russell, U.S., def. Albert Montanes, Spain, 7-5, 6-2.

Janko Tipsarevic, Serbia, def. Alejandro Falla, Colombia, 7-5, 6-1.

Second Round

Kevin Anderson, South Africa, def. Andy Murray (4), Britain, 6-3, 6-1.

Doubles

First Round

Paul Hanley, Australia, and Bruno Soares, Brazil, def. Nicolas Almagro, Spain, and Lukas Dlouhy, Czech Republic, 6-3, 6-2.

Jo-Wilfried Tsonga, France, and Stanislas Wawrinka, Switzerland, def. Alexandr Dolgopolov, Ukraine, and Dick Norman, Belgium, 6-2, 6-4.

Second Round

Tomas Berdych, Czech Republic, and Florian Mayer, Germany, def. Mahesh Bhupathi and Leander Paes (3), India, 6-1, 7-6 (9).

WTA ROGERS CUP

At Toronto

Singles

First Round

Andrea Petkovic (11), Germany, def. **Eugenie Bouchard, Westmount, Que.,** 6-2, 6-2.

Flavia Pennetta, Italy, def. Maria Kirilenko, Russia, 6-3, 6-1.

Daniela Hantuchova, Slovakia, def. Gisela Dulko, Argentina, 6-3, 6-4.

Roberta Vinci, Italy, def. Yanina Wickmayer, Belgium, 6-4, 6-2.

Peng Shuai, China, def. Lourdes Dominguez Lino, Spain, 6-1, 7-5.

Ana Ivanovic, Serbia, def. Zhang Shuai, China, 6-1, 6-1.

Anabel Medina Garrigues, Spain, def. Sara Errani, Italy, 7-5, 6-1.

Bojana Jovanovski, Serbia, def. Jelena Dokic, Australia, 2-0, retired.

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TOYOTA grad program

Speed, wheels and brakes

Buick claims the Regal GS delivers zero-to-100-km/h runs in the low seven-second threshold, which is decent, but not spectacular for the 1,680-kilogram sedan.

The GS features 19- and optional 20-inch wheels. As well, it's braking has been upgraded with a four-wheel-disc package from Brembo, a company that supplies the stopping power for the world's most elite cars.

Suspension

Performance-oriented upgrading has also been bestowed upon the GS. Chief among these are special "HiPerStruts" for the front suspension that help reduce torque steer, which is the tendency for high-powered front-wheel-drive vehicles to pull to one side under hard acceleration.

The driver can choose standard, sport and extra-firm suspension settings and for a more sporting feel, the degree of power-steering boost is reduced as suspension firmness increases.

Engine

What will give this Buick its performance chops is a turbocharged 2.0-litre four-cylinder that Buick promises will deliver at least 255 horsepower and a stout 295 pound-feet of torque.

By comparison, the Regal CXL's optional 2.0-litre turbo engine produces 220 horses and 258 pound-feet of torque. Much of GS's added output comes from increased turbocharger boost pressure along with freer flowing exhaust plumping.

▶ The latest Regal has German origins, so outfitting it with a good engine and hardware geared for a fun driving experience is a natural extension of the platform. Hey, get used to the "new Buick."

A performance Buick? You bet

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

Buick continues to fashion a hipper image with the new Regal GS significantly enhancing the brand's stock.

The GS — short for Gran Sport, a performance label that Buick first used back in the mid-1960s — will be added to the Regal lineup later this year, showing the world that there really can be such a thing as a performance Buick.

The new model also provides one more engine choice for its new midsize platform. At one end of the spectrum, the 2012 Regal will be offered with a new gasoline-electric hybrid combo, called eAssist, that delivers significantly enhanced fuel economy. At the other end, the new GS comes with an enhanced-output turbocharged four-cylinder engine and matching performance/luxury content to challenge similar mid-size sedans from Europe and Japan.

Just as General Motors' Cadillac division is changing its image with the high-output CTS-V coupe and sedan, the GS will undoubtedly challenge the public's perceptions about Buick, which has traditionally catered to older drivers who cared very little about acceleration, road holding and steering and stopping performance.

Actually, Buick has a head start since the Regal sedan was conceived in Germany and is arguably the most visually arresting model in Buick's fleet.

▶ A rear look at the Regal GS. Note the integrated trunk spoiler and a set of irregular-shaped exhaust outlets.

▶ The most interesting aspect of the Regal GS might be the clutch pedal. Can you recall the last time a Buick had one?

Buick Regal GS

What you should know about the 2012 Buick Regal GS:

- **Types:** Four-door, front-wheel-drive mid-size sedan.
- **Engine (hp):** 2.0-litre DOHC I4, turbocharged (255).
- **Transmission:** Six-speed manual; six-speed automatic (opt.).
- **Market position:** Performance editions of premium sedans can enhance brand awareness and reputation. The GS should further define the Regal as one of the more competent Euro-based sport sedans around.
- **Mileage:** L/100 km (city/hwy) 11.3/7.0 (MT, est.).

5 drive

By comparison

BMW 328i sedan
Base price: $43,000
Reigning Euro-sedan king offers peppy engines and bank vault build quality.

Acura TL
Base price: $41,400
Redesigned 2012 edition comes fully loaded and is a blast to drive.

Lincoln MKZ
Base price: $40,000
Distinctive four-door is available with optional AWD and hybrid power.

WHEELBASE MEDIA

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Electric Alaska

Out here, you want to focus on experiencing life, not worry about making it home

The Chevy Volt makes the perfect playmate

GARRY SOWERBY
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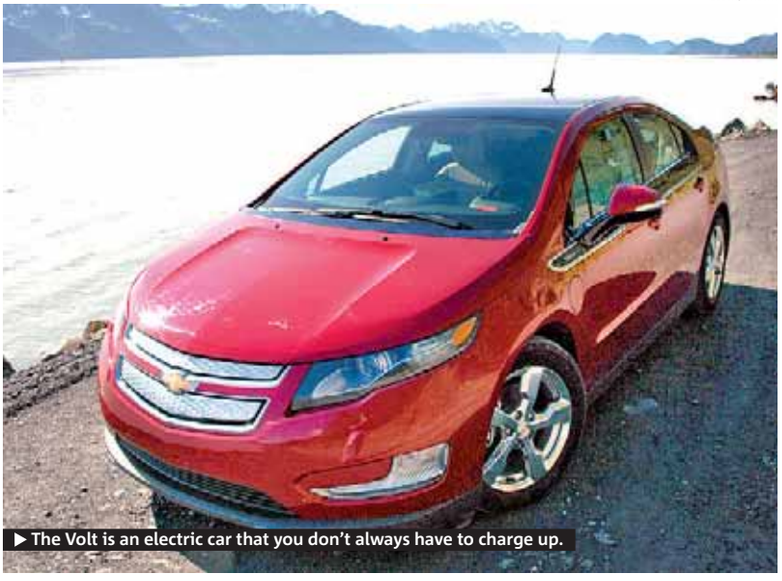


▶ The Volt is an electric car that you don't always have to charge up.

WHEELBASE MEDIA

▶ Alaska is a delight for nature lovers and people who covet the outdoors. This dovetails nicely with the Volt's large storage capacity to pack along plenty of gear and it's environmentally-friendly take on life.

Most hotel blackout curtains do a reasonable job keeping daylight out when sleep is the goal, but sometimes, it's just not enough.

On this morning, after 12 nights of Alaskan sleep deprivation during the season of the midnight sun, getting into a decent functional mood isn't easy.

It doesn't help that the Starbucks on Anchorage's 5th Ave. messes up my java fix and then toasts a garlic bagel instead of a multigrain one.

And what about the fact that, as event planners, my wife Lisa Calvi and I have changed hotels 10 times in less than two weeks during an extended business trip to Alaska?

Hey, I'm cranky, and for a morning guy who is rarely out of sorts, my mood is as much a surprise to me as my unsuspecting wife.

"I'm sorry Lisa, I'll snap out of it," I offer, realizing this will be our only day off before getting back to work.

We pack our suitcases and office supplies into the hatchback. This is a normal car, I remind myself, stuffing the last of the suitcases into the cargo area, which is massive with the rear seats folded down.

I head south out of Anchorage toward the Kenai Peninsula. Lisa and I booked a six-hour glacier cruise out of Whittier and have an appointment at the "tunnel" which is the only land connection from the port of Whittier to the rest of the world.

We clear Anchorage and follow the highway along Turnagain Arm. The tides are low and the mudflats seem endless. As my brooding levels out, the silent, comfortable ride of Chevrolet's all-new Volt reminds me that we are indeed running on electricity and will be for about 50 kilometres.

It doesn't matter that we're driving about 300 kilometres that day. Once the battery runs down, an onboard four-cylinder gasoline-powered generator will kick in and extend our range for another 500 or so kilometres. Sure we might consume a little fossil fuel, but there is no pesky "my-battery-is-running-low-range-anxiety" with the Volt.

The idea of leaving home for a weekend road trip with an electric vehicle is normally a dicey proposition, unless the plan doesn't involve much driving, because range is short and charing takes a long time ... if you can find somewhere to charge.

That makes the Chevy Volt a compelling alternative. It's an electric car that doesn't need a back-up vehicle beside it in the driveway.

It doesn't take long to cheer up. The scenery is stunning. Glacier here, snow-capped mountain there. With a little luck we might see the "tidal bore," a wall of rushing water that marks the changing of the tides on Turnagain Arm.

We make our tunnel time and file through a three-kilometre railway tunnel with a line of other cars and trucks enroute rustic Whittier. Cool.

From Whittier, the cruise through Prince William Sound is a spellbinding affair that stops briefly at a remote fish hatchery where salmon are jumping, rafts of sea otters are frisking and bald eagles swooping. It's like an advertisement for animal heaven.

Back in Whittier, I power up the Volt. The battery charge is depleted but the four-cylinder gasoline generator engine keeps the charge between 20 and 29 per cent so we're not concerned about anything but making the tunnel appointment time to get us back to the main road.

The Volt's agility and comfort surprises me.

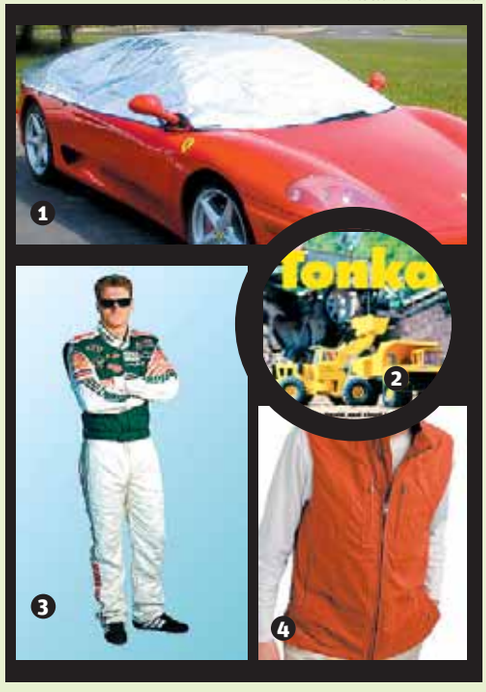
This is not a fad car or something that has to be babied or fussed over.

Plug it into a 110-volt power supply overnight or a 220-volt outlet for a few hours and it's ready to fulfill most commuting requirements.

Pack it up for the weekend and take it wherever you want to.

Top Gear

ALL PHOTOS COURTESY OF WHEELBASE



1 If you think that using a cardboard windshield shade is sufficient to keep the heat out, the simple fact is that the heat already got into the car. To keep it cool inside and the heat outside, check out the Cool Cap by Reflectionite. Because it securely attaches on the outside, the company claims that the reflective material will significantly reduce the amount of heat entering the interior. itscoolinhere.com.

2 Many youngsters grew up with toy construction vehicles. Hey, who didn't have a Tonka truck or front-end loader? The name Tonka means "great" or "big," and is derived from Lake Minnetonka that's near the company's Mound, Minn., headquarters. That tidbit and others are contained in a fascinating new book on the history of this storied toy maker, written by Dennis David (who worked at Tonka for 30 years and retired as vice president of manufacturing) and Lloyd Laumann. qbooks.com.

3 Are you a huge Nascar fan? Then why not embrace the passion with an equally huge poster of your favourite driver from Fathead of Livonia, Mich. And by huge we mean about 45 x 78 inches. The company carries a wide variety of colour posters featuring such stars as Jeff Gordon, Kyle Busch, Jimmie Johnson, Tony Stewart, Dale Earnhardt (Senior and Junior), to name just a few. fathead.com.

4 Travelling usually requires carrying lots of stuff, including your cell phone, iPad-type tablet, sunglasses, passport, water bottle and so on. Scottevest literally has you covered with its unique sleeveless Travel Vest. This item comes with 22 built-in (and mostly hidden) pockets that keep all your travel gear organized and always close at hand. scottevest.com.

WHEELBASE

HONDA QUALITY DAILY NEWS

Quality Comes First

HONDA FIT: "Highest Ranked Sub-Compact Car in Initial Quality in the U.S."
HONDA CIVIC: "Highest Ranked Compact Car in Initial Quality in a Tie in the U.S."
HONDA INSIGHT: "Highest Ranked Compact Car in Initial Quality in a Tie in the U.S."
HONDA ACCORD: "Highest Ranked Midsize Car in Initial Quality in the U.S."
HONDA ACCORD CROSSTOUR: "Highest Ranked Midsize Crossover/SUV in Initial Quality in the U.S."
HONDA RIDGELINE: "Highest Ranked Midsize Pickup in Initial Quality in the U.S."

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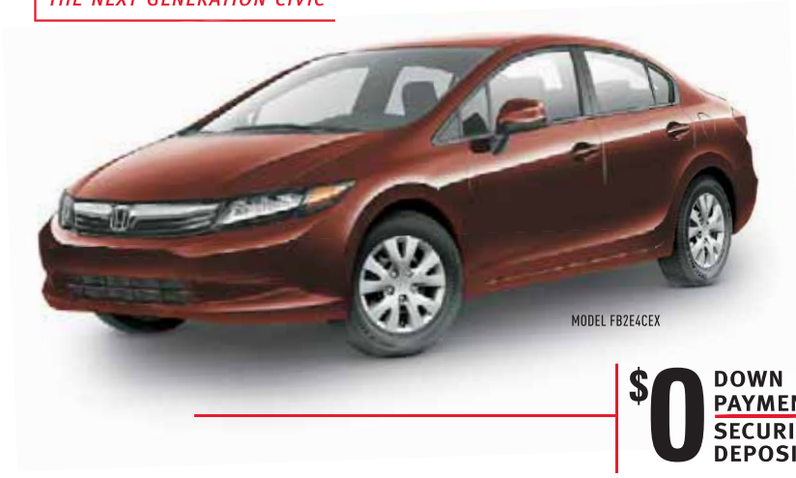

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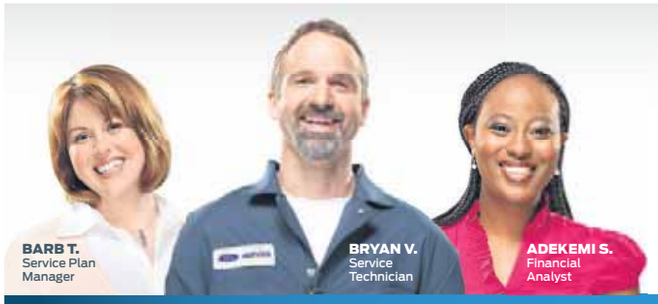
*Limited time lease offers on a new 2012 Honda Civic LX Sedan with Manual Transmission (Model FB2E4CEX)//2011 Honda Accord SE Sedan (Model CP2E6BE) available through Honda Financial Services Inc., on approved credit. Representative lease example: based on a 2012 Honda Civic LX Sedan with Manual Transmission (Model FB2E4CEX)//2011 Honda Accord SE Sedan (Model CP2E6BE) on a 48//48 month term at 3.99%//0.9% lease APR, the monthly payment is $250//$333 [includes $1,395//$1,550 freight and PDI, EHF tires ($29), EHF filters ($1), A/C tax ($100), and OMVIC fee ($5)] with $0//$0 down payment or equivalent trade-in, $0//$0 security deposit and first monthly payment due at lease inception. Total lease obligation is $12,000//$15,992. 96,000-kilometre allowance; charge of $0.12/km for excess kilometres. For all offers: license, insurance, registration, PPSA, and other taxes (including HST and tax for fuel conservation, if applicable) are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may sell/lease for less. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. **Honda Fit, Civic, Insight, Element, Accord, Accord Crosstour and Ridgeline received the lowest number of problems per 100 vehicles among sub-compact cars, compact cars, compact crossover/SUVs, midsize cars, midsize crossover/SUVs and midsize pickups in the proprietary J.D. Power and Associates 2011 Initial Quality Study℠. Study based on responses from 73,790 new-vehicle owners, measuring 234 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed in February-May 2011. Your experiences may vary. Visit jdpower.com.



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JIL MCINTOSH/FOR METRO

▶ A Hot Wheels version of the Dodge Challenger required approval from Chrysler.

Real or toy, car designs are aligned

You'd be surprised how much work goes into toy cars

JIL MCINTOSH/FOR METRO

▶ A vintage race car is the basis of a Hot Wheels design.

DRIVING FORCE

JIL McINTOSH
DRIVE@METRONEWS.CA

You've probably seen pictures of designers working on new vehicles: sketching outlines, taking measurements and working on prototypes. The process isn't much different when the car is only a fraction as big.

"It's definitely a lot of work, and you want to make them interesting and unique," says Eric Tscherne, a former designer for Hot Wheels toys.

"You're dealing with a little bit of material. We push those boundaries to keep it fresh and new."

As with most real-car designs, the first step "is to get the idea out of your brain, on a notebook or a piece of paper," Tscherne says.

"Those first little 'napkin sketches' have most of the information. From there, you draw a nicer drawing or use 3-D computer software to realize it.

"You design it to meet a cost or a specification. If you're integrating technology, if you have to integrate a battery or a switch, it will define the size."

Depending on the toy, the design then moves to a computerized machine that builds a prototype, or to a model builder who produces a clay model. This is cast into material to create a tooling model, which in turn is cut into steel to produce the molds for the toys.

A regular ¼th Hot Wheels can take six to eight months from initial sketch to finished product, while a more complex toy can take two years or more. Designers must consider the stores as well, Tscherne says.

"I've got a shelf at Wal-Mart that's 18 inches high, so my box can be 17-½ inches. The more you design toys, you realize there are parameters that you never thought you'd be working with. The retailer isn't going to buy special shelves to stock your product."

Making a real car into a toy requires the automaker's approval, which can take a long time; high-end companies like Ferrari are very particular and will send a toy back several times for minor tweaks.

Tscherne preferred designing vehicles from his imagination: "The only person you have to impress is your own boss."

Did you know?

- Many toy car designers actually started as real car designers, some of them working for major automakers.
- While some automakers are fine with cartoonish renditions of their cars, most of the higher-end companies will only allow exact reproductions.

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GS model shown
2011 MAZDA3
Finance from $109†† bi-weekly at 2.9% APR for 84 Months + DEALER SIGNING BONUS $500‡
GT model shown
2011 MAZDA6
Finance from $165†† bi-weekly at 0% APR for 72 Months + DEALER SIGNING BONUS $1,000‡
GT-I4 model shown
2011 TRIBUTE
Finance from $139†† bi-weekly at 0% APR for 72 Months + DEALER SIGNING BONUS $1,000‡
GT-V6 model shown
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GT model shown
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THE 2011 RAM 1500 QUAD CAB SXT 4X4

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2011 Ram 1500 Crew Cab Laramie with optional equipment shown.§

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+Your local retailer may charge additional fees for administration/pre-delivery that can range from $0 to $1,098 and anti-theft/safety products that can range from $0 to $1,298. Charges may vary by retailer.

RamTruck.ca/Offers

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Wise customers read the fine print: •, *, †, †† & § The Summer Drive One Home Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after August 3, 2011. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailers for complete details and conditions. •$25,995 Purchase Price applies to 2011 Ram 1500 Quad Cab SXT 4x4 (24A+AGR) only and includes $8,750 Consumer Cash Discount. Pricing includes freight ($1,400), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. *Consumer Cash Discounts are offered on most new 2010 and select 2011 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. †† Customer Choice Financing for 36-, 48- and 60-month terms on approved credit through TD Financing Services and Ally Credit Canada is available at participating dealerships to qualified retail customers on select new 2011 Chrysler, Jeep, Dodge and Ram models. **Taxes on the full negotiated purchase price are payable at the beginning of the contract term resulting in higher payments taxed on a periodic basis and are not reflected in advertised payments.** The following terms apply to TD Financing Services contracts. **(Different contract terms apply to Ally Credit Canada offers. 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Example: 2011 Ram 1500 Quad Cab SXT 4x4 (24A+AGR) with a Purchase Price of $25,995 financed at 0.99% APR over 36 months with $2,099 down and payment amortized over 89 months equals 78 bi-weekly payments of $129 and one final payment of $14,440 for a cost of borrowing of $574 and a total obligation of $26,568.88. Taxes, licence, registration, excess mileage and wear and tear charges, any retailer administration fees and other applicable fees and charges not included. Retailers may sell for less. See participating retailers for complete details. ‡ Customer Choice Financing for 36-, 48- and 60-month terms on approved credit through TD Financing Services and Ally Credit Canada is available at participating dealerships to qualified retail customers on select new 2011 Chrysler, Jeep, Dodge and Ram models. **Taxes on the full negotiated purchase price are payable at the beginning of the contract term resulting in higher payments taxed on a periodic basis and are not reflected in advertised payments.** The following terms apply to TD Financing Services contracts. **(Different contract terms apply to Ally Credit Canada offers. See your retailer for complete details.)** Vehicles are financed over a 36-, 48- or 60-month term with payments amortized over a term of up to 96 months and the pre-determined residual balance payable at the end of the contract. At contract's end, customers have the choice of returning their vehicle through a Chrysler, Jeep, Dodge, Ram dealership with no further obligations (except payment of a $199 return fee and excess wear and tear, mileage and similar charges), financing the remaining balance for the rest of the amortization period at then-current standard rates or paying the residual balance in full. Some conditions apply. Customer Choice Financing offered by TD in Quebec is subject to different terms and conditions. All advertised Customer Choice Financing offers are TD offers. Example: 2011 Ram 1500 Quad Cab SXT 4x4 (24A+AGR) with a Purchase Price of $25,995 financed at 0.99% APR over 36 months with $2,099 down and payment amortized over 89 months equals 78 bi-weekly payments of $129 and one final payment of $14,440 for a cost of borrowing of $574 and a total obligation of $26,568.88. Taxes, licence, registration, excess mileage and wear and tear charges, any retailer administration fees and other applicable fees and charges not included. Retailers may sell for less. See participating retailers for complete details. §2011 Ram 1500 Crew Cab Laramie with optional equipment shown. Price including applicable Consumer Cash Discount: $39,635. Pricing includes freight ($1,400), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. See bottom of the ad for range of potential retailer fees. Retailer order/trade may be necessary. Retailers may sell for less. ◄Loyalty Bonus Cash is offered on most new 2011 and 2012 Chrysler, Jeep, Dodge and Ram models (with the exception of 2011/2012 Dodge Caliber Canada Value Package and SE Plus, Grand Caravan Canada Value Package and SE Plus, Grand Caravan Cargo Van, Journey Canada Value Package, Ram 1500 Reg Cab [4x2 & 4x4], Ram Chassis Cab, Jeep Wrangler 2-door Sport, Patriot Sport [4x2 & 4x4] and Compass Sport [4x2 & 4x4]) and is deducted from the negotiated price after taxes. Eligible customers include those that had entered into a new Chrysler, Jeep, Dodge or Ram vehicle Financial Inc. Lease or Gold Key Lease with a maturity date from August 1st, 2011 and forward. Some conditions apply. See your retailer for complete details. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under licence. ▼Based on 2011 EnerGuide full-size truck V8 to V6 fuel economy comparison. ▲Based on May 2010 – May 2011 Canadian Industry Light-duty pickup truck owners trading in their pickup for a new pickup truck. ^Based on 2011 year-to-date market share gain. ΣBased on Ward's Full-Size Pickup Segmentation. ΩSIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC. Customer Choice Financing is a trademark of Chrysler Group LLC.

Looking for a ride that will stand out?

RYAN BORROFF
METRO WORLD NEWS
DRIVE@METRONEWS.CA

Test Drive. Nissan Juke

Nissan has shown that it is daring in its design with this unusual-looking proposition, the Nissan Juke.

The car is a crossover mixing SUV and sports car. The combination might sound unlikely but it really works.

This stylish and feisty little crossover city car, with its tough good looks, is designed, and set, to attract style-conscious men to the SUV segment.

By the numbers

- **Base price:** $19,998
- **Engine:** 1.6-litre Direct Injection Gasoline DOHC 16-valve turbocharged 4-cylinder engine
- **Power:** 188 horsepower

Best thing
Its unique, quirky good looks and deceptively spacious interior.

Worst thing
Its poor eco performance — the fuel economy and carbon emissions are not as green as they should be, in 2011.

Interior

The inside has been cleverly-designed to be far more spacious than the exterior would suggest. It looks cool too, with a centre console inspired by the design of a motorcycle tank.

Exterior

A crossover fusion of SUV and sports car doesn't sound like a recipe for success, but this one is excellent.

The combination of SUV up top and sports car down below works a treat.

Performance

You'll get great visibility as you ride up high, SUV-style, but the car handles like a sports car, with very little body roll and a go-kart feel in bends.

△2011 Chevrolet Equinox FWD. Fuel consumption ratings based on Natural Resources Canada's 2011 Fuel Consumption Guide. Your actual fuel consumption may vary. ◊For more information go to iihs.org/ratings.

The classic cars of Cuba

Home to beautiful weather and picturesque beaches, this Caribbean island also boasts some seriously old cars

ALL PHOTOS BY ROLAND YEUNG/FOR METRO

▶ These photos were taken in what is referred to by Cubans as Jurassic Park. Located in central Havana, it gets its name because of the collection of old cars — many of which are used as taxis — that park there.

▶ This car, used as a taxi in Varadero, was in immaculate condition, though it's likely more than 50 years old.

Yank tanks

For anyone with an interest in cars, a visit to Cuba can be like a time warp. With so many archaic cars that still function well on the roads, you get a chance to really appreciate automotive history. Metro Drive Editor David Singh recently visited Cuba on vacation with some friends. Here are some facts he gathered:

- **Yank tanks** is the term used to describe the many classic American cars that are seen in Cuba.
- **Law:** A recent article on CNN.com states that under current laws, Cubans can only freely buy and sell cars that were on the road in Cuba before Fidel Castro's 1959 Revolution. Many of the newer cars that are used there today, including Ladas, Peugeots and Kias, now outnumber the yank tanks, but, for the most part are owned by the state and cannot be sold on the free market.
- **Numbers:** A New York Times article estimates that there are 60,000 pre-1960 American cars roaming Cuba.
- **Film:** There is a 2002 documentary titled Yank Tanks that details the phenomenon of classic American cars in Cuba.

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Engine coolant is a year-round concern

Both in summer and winter, cooling system serves vital purpose Drivers should be aware of its importance

NEWS CANADA

Most people only think about their vehicle's antifreeze/coolant during extreme weather conditions ... or when it's too late and their overheated vehicle is stranded on the side of the road. The truth is, antifreeze/coolant is a year-round concern.

"As the name implies, antifreeze/coolant performs two functions," explains Jay Buckley, ASE certified master mechanic and training manager for Prestone.

"It helps keep the engine's cooling system from freezing up in cold weather and from boiling over in hot weather."

In order to help lower exhaust emissions, modern engines run at very high operating temperatures. Cooling system temperatures of 110 C are not uncommon. What's more, many engines are constructed of dissimilar metals, which can lead to corrosion. All of this puts more stress on the antifreeze/coolant.

A high-quality antifreeze/coolant, like Prestone LongLife, which is designed for use with any antifreeze/coolant in any vehicle make or model, can have a long service life.

However, it's still important to monitor the coolant level and condition regularly.

Virtually all modern vehicles have a pressurized cooling system with a plastic coolant expansion tank clearly visible under the hood.

There are usually "high" and "low" marks on the tank to make things easier.

For added convenience when topping up, and to ensure the correct water/coolant ratio is maintained, Prestone comes in a premixed formulation of 50 per cent coolant and 50 per cent demineralized water.

But it's not enough simply to check the level.

A professional technician should also test the condition of the coolant and the coolant concentration to ensure that it doesn't need to be changed. Because antifreeze/coolant service intervals can be two years or longer, it's easy to forget about it.

For year-round protection, get your cooling system checked today.

NEWS CANADA

▶ When was the last time you checked your coolant level and condition?

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*Variable rate financing for 84 months on 2011 Chevrolet Equinox LS, R7A O.A.C. by TD Bank. Bi-weekly payment and variable rate shown based on current TD Bank prime rate and is subject to fluctuation; actual payment amounts will vary with rate fluctuations. Example: $10,000 at 3% for 84 months, the monthly payment is $132.13. Cost of borrowing is $1,098.92, total obligation is $11,098.92. Down payment and/or trade may be required. Monthly/Bi-weekly payments and cost of borrowing will also vary depending on amount borrowed and down payment/trade. Monthly/Bi-weekly payments based on a purchase price of $25,471 with $0 down payment. Freight & PDI ($1,450), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply to 2011 new or demonstrator models purchased from participating dealers in the Ontario Chevrolet Dealer Advertising Association area, only (including Ottawa) and cannot be combined with other offers. GMCL may modify, extend or terminate this offer at any time without notice. Dealers are free to set individual prices. Limited time offer, may not be available on all vehicles. Dealers may sell or lease for less. Conditions and limitations apply. See dealer for details. ††2011 Chevrolet Equinox LTZ, MSRP with freight, PDI & levies $35,244. Dealers are free to set individual prices.

NO NEED TO NEGOTIATE, WITH COMPARISON-SHOPPING SITE

AUTO PILOT

MIKE GOETZ
DRIVE
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Supposedly, many women dislike the car buying experience because they don't like negotiating. But from my experience, women seem to be very effective negotiators.

In fact I would say that when the women in my life — my mother, my wife, and my daughter — negotiate with me they seem to have the process nailed.

Basically it goes like this: I lose. They win.

So maybe it's more about the particular negotiating culture found in some new car dealerships, that women don't care for so much.

A lot of men don't care for it either. One of them is Andrew Tai, co-founder of unhaggle.com.

Tai started the business after thinking about his car buying experience last fall.

"I quickly decided on which car I wanted … But that final leg of the buying process, negotiating a price, was so laborious, frustrating and time intensive … The MSRP didn't mean that much … To figure out the true price of the car I had to go to each dealership and negotiate."

Once you've settled on a particular make and model of vehicle, you can go on unhaggle.com, and for $47, the website will get the appropriate new car dealers in your area to vie for your business — they will all send you their best prices on the vehicle you desire.

And according to Tai, the price quotes "really are the drive-away numbers." No further negotiation required.

There are a number of online entities in Canada where you can comparison shop for new cars, and even complete an online purchase, but unhaggle.com appears to be the only one where you can get "marketplace" quotes from a number of independent dealerships. In the U.S. marketplace, however, you'll find several entities based on this model.

If you think dealerships might be unhappy with this development, think again.

The Internet has been around a while, and dealerships are very aware that some customers want to do business this way and this way only.

Most have "Internet" departments, who deal specifically with online customers.

"Dealerships recognize the type and seriousness of the customer we're bringing them," notes Tai.

"These customers really want to get as much done as possible online, without coming to the dealership."

And that includes credit applications and establishing a value for their trade-in.

The latter is accomplished via unhaggle.com's partnership with Canadian Black Book, which has been establishing wholesale trade in values in Canada for decades.

NATASHA SMILJANIC

▶ Unhaggle.com co-founders, left, Neal Shah, Andrew Tai and Radek Garbowski.

You choose the dealerships you want to receive quotes from. If a dealership is not yet signed on with unhaggle.com, they will be invited to participate.

The site has been up since April, and Tai notes that its customers have made deals in every major Canadian city, and with virtually all major car brands represented. (But so far it is an English-only site.)

"What we're doing isn't exactly new," says Tai.

"On the Internet, you can compare prices on practically anything. This is trend that reaches across almost every industry. New cars is that one last piece."

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Peter F.
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Bought a 2011 Toyota
Tacoma with Unhaggle
So simple. See how it works.

▶ Shown is a screen capture of Unhaggle.com's website, which gets new car dealers to vie for your business and send you the best price on a vehicle.

'Toyota chose Ontario'

Automaker to assemble electric version of RAV4 SUV in Woodstock 6,500 jobs will be secured as a result

There is more good news for Ontario's recovering automotive sector.

Toyota has decided to assemble the electric version of its popular RAV4 SUV in Woodstock, Ont.

One provincial source says Toyota chose Woodstock because of Ontario's "continued commitment to electric vehicles" and ongoing support of the auto industry.

The Canadian and Ontario governments recently gave Toyota $141.6 million in grants and loans to upgrade its southern Ontario plants in Woodstock and nearby Cambridge.

Ontario offers consumers who buy or lease electric vehicles between $5,000 and $8,500 in incentives, with the goal of having one out of 20 vehicles in the province electrically powered by 2020.

DAVE CHIDLEY/THE CANADIAN PRESS

▶ Ontario Premier Dalton McGuinty points to the sun, referring to solar power in front of a Toyota RAV4 EV (electric vehicle) on display during last week's announcement.

Premier Dalton McGuinty visited Woodstock last Friday for the formal announcement, which the government says will secure 6,500 jobs at the two Toyota plants in Ontario plus thousands of supplier jobs.

The announcement comes after General Motors said earlier this week it will invest $117 million to prepare its Oshawa, Ont., assembly plant to build the new Cadillac XTS next year.

GM said the move will create or save 400 jobs at its Oshawa plant, which has seen expanded production and new vehicle models in the past year that added two new shifts and 1,300 jobs. THE CANADIAN PRESS

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SECOND GEAR

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Want a family sedan or wagon that prioritizes reliability, sensibility and exceptional fuel mileage? Consider something from Honda, Subaru, Mazda or Toyota.

Want a family sedan or wagon that's big on style, refinement and advanced technology?

Can't afford that BMW or Mercedes? The Volkswagen Passat might be the answer.

The last-generation car featured sedan, wagon or "Comfort Coupe" four-door body styles, two available engines, available All Wheel Drive (AWD) and plenty of high-tech goodies.

2006 to 2011 VW Passat

Engine

VW's two-litre turbo four-cylinder engine with 200 horsepower was standard on all models. The automaker's 3.6-litre, 280-horsepower V6 was also available.

What owners like

For most owners, the looks, refinement, performance and driving experience of the Passat were big draws. A high-quality interior feel, plenty of power with either engine and long list of bells and whistles all earned praise.

What owners dislike

Common complaints include poor gas mileage on V6-equipped models, a stiff ride, and a trunk design that allows water and snow to spill into the cargo area when the trunk is opened.

Common issues

An engine that seems to "misfire" or "hesitate" is likely suffering from bad ignition coil packs, a common VW and Audi problem on older models.

Note that the more complicated 3.6-litre engine suffers from a potential oil-pump bolt defect that could result in engine failure. As such, opt for the two-litre engine wherever possible, and get any extended warranty offered on Passat models powered by the larger engine.

Verdict

Ultimately, the big draws to a last-generation Passat will be the driving experience, styling and relatively affordable blend of luxury and high-tech. Expect to pay a premium in the market for the vehicle, repair costs, fuel and insurance.

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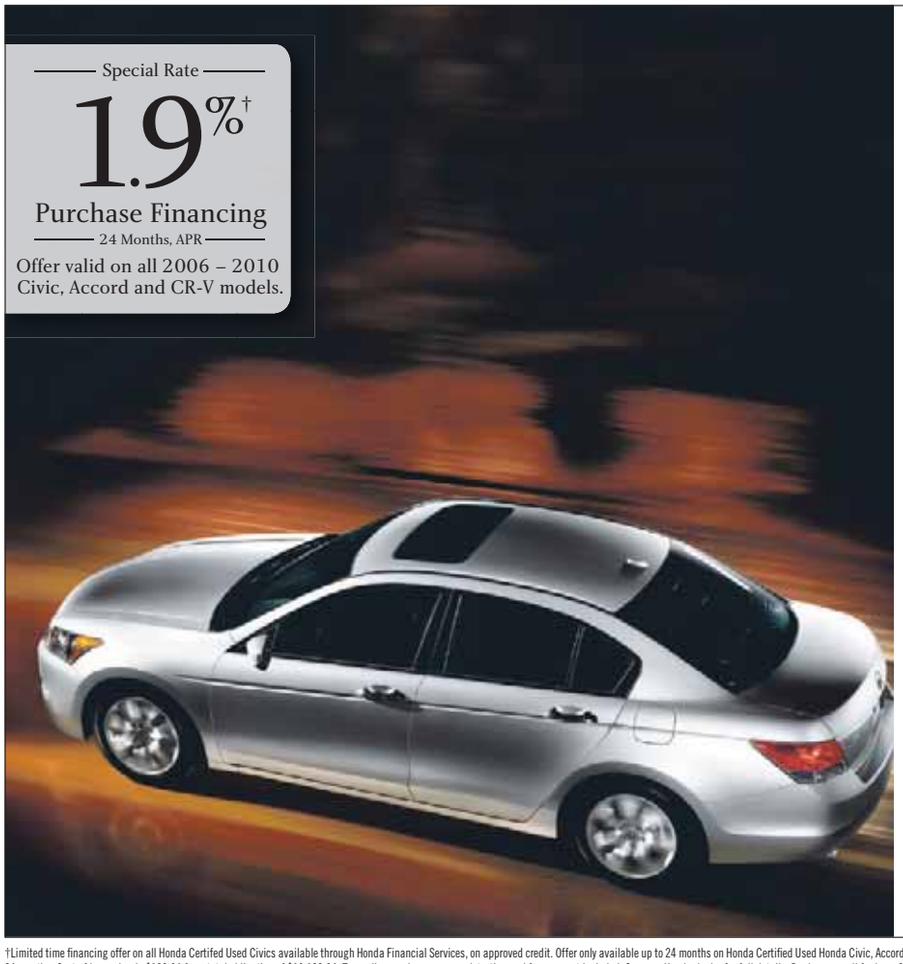

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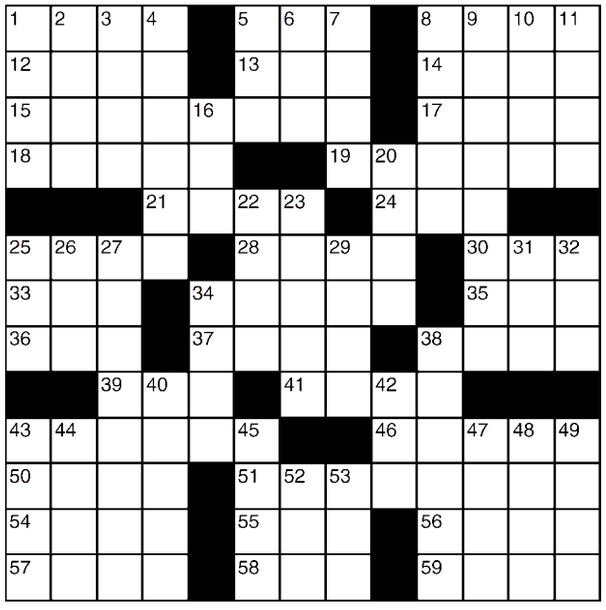
Crossword



Across

1 Clumsy boats
5 Nourished
8 Casual eatery
12 Place
13 Parisian pal
14 Mimicked
15 Cutout fastened to a garment
17 Raced
18 Argument
19 Wiseacre
21 Emanation
24 Equi-
25 Family
28 Tournament format
30 Pump up the volume
33 Tear
34 Tell's target
35 Bill and —
36 "Uh-huh"
37 Repast
38 Charioteer's prop
39 Intend
41 Mascara site
43 The "Saw" series' genre
46 Hurl
50 Vicinity
51 Book end?
54 Landlord's due
55 Earth (Pref.)
56 24 cans
57 Speck
58 Football position
59 Historic periods-

Down

1 "Oh, woe!"
2 Ready for the picking
3 Retained
4 Muslim sovereign
5 Online help page
6 Ostrich's cousin
7 Conks out
8 Houses (Sp.)
9 Come near
10 Yard units
11 Whirlpool
16 Debtor's letters
20 Go for the gold?
22 Lasso
23 Shock (Var.)
25 Weep
26 Brooklyn sch.
27 Obvious
29 Singer Fitzgerald
31 Miss Piggy's pronoun
32 Old man
34 Bullets, e.g.
38 From what place?
40 Angry
42 The girl
43 Injury
44 Sandwich treat
45 Anger
47 Hebrew month
48 Passport endorsement
49 Former spouses
52 Corral
53 Spacecraft compartment

▶ Yesterday's answer

A	N	T	I			E	B	B		M	A	M	A
L	O	O	M			L	E	O		I	T	E	M
P	R	O	B	A	B	L	Y			R	O	S	Y
			I	D	A		C	A	R	P	A	L	
G	R	E	B	E		L	O	C	O				
R	A	R	E			B	A	T	H	R	O	B	E
A	N	I			B	A	T	T	Y		L	E	D
M	I	C	R	O	B	E	S			F	L	E	D
				O	N	Y	X		B	E	A	N	Y
G	I	M	L	E	T			O	R	E			
O	R	A	L			A	C	R	O	B	A	T	S
Y	O	Y	O			L	U	G		L	I	E	U
A	N	O	N			K	E	Y		E	L	A	N

Sudoku

	3		2		4	1	5	
					8			6
6						9		8
	8		4			7	9	
				3				
	9	5			7		2	
3		7						9
2			6					
	4	6	9		3		1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	2	1	9	4	3	8	6	7
8	3	9	7	6	2	4	5	1
6	4	7	1	8	5	9	2	3
9	7	2	6	1	4	5	3	8
1	8	3	2	5	7	6	4	9
4	5	6	3	9	8	1	7	2
7	1	4	5	2	9	3	8	6
2	6	8	4	3	1	7	9	5
3	9	5	8	7	6	2	1	4

Send a KISS

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Chris, I'll like you for ever. I'll love you for always. I'll hate you.. Never! Always remember the post-it. I love you so grr much baby-doll. **QUEEN BUBBA**

Dianne, Your going to make me the happiest guy on earth,when we get Married Aug. 25th in Sunny Jamaica.**LOVE LES**

lo..why are you mad at me? You know you are my life, my heartbeat, my everything. Get back to me. I wanna know how are you doing? You know how restless I get when I don't hear from you. Love you always and forever. Have a lovely day and bee happy:):) Sending you all my love, hugs, kiss n prayers. Hon, we are meant for each other. I am sorry, if I said anything wrong. Love YOU.
B LOVER LOOKIN 4 U

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24°/16°
Thundershowers
40%
Thursday
25°/18°
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Creative pursuits will go well for you with the Sun moving through the most dynamic area of your chart.

♉ Taurus April 21-May 21 It's time to make those changes on the home front you have been thinking about for ages but have put off.

♊ Gemini May 22-June 21 Being with other people is of tremendous importance to you right now. Socialize a lot.

♋ Cancer June 22-July 22 After the sacrifices you've made recently, you deserve a reward. Splurge.

♌ Leo July 23-Aug.23 Focus on your top aim with no distractions and no self-doubts.

♍ Virgo Aug. 24- Sept. 22 Put aside some time to think about the direction in which your life is moving. A major shift may be needed.

♎ Libra Sept. 23-Oct. 23 Over the next few days, you will draw closer to a group of people who in some way inspire you.

♏ Scorpio Oct. 24-Nov. 22 You are remarkably resilient and that's good because you are about to face a series of challenges.

♐ Sagittarius Nov. 23-Dec. 21 You need to be a bit more forceful in putting forward your ideas.

♑ Capricorn Dec. 22-Jan. 20 If you are offered some kind of deal today, learn everything about it before agreeing to sign on.

♒ Aquarius Jan. 21-Feb. 18 If you are wise, you will let work colleagues make decisions for you over the next 24 hours.

♓ Pisces Feb. 19-March 20. Stop wasting time and energy on vague and meaningless daydreams.

SALLY BROMPTON

Caption contest

JOHN W. ADKISSON/ORANGE COUNTY REGISTER

KAIA LARSEN, TIMES RECORD/ AP

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